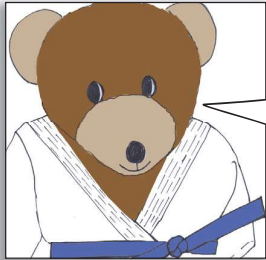
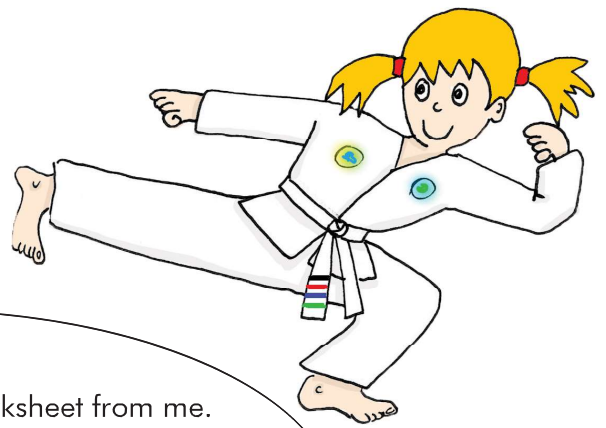


Taekwon-Do

Home activities #7 for Kids!



Hi Kids!
This will be the last home worksheet from me. I hope you have all enjoyed using them while you have been in your home bubble. What was your favourite activity? You can always go back to the previous worksheets and do something again that you found fun! Keep practising, and I hope you can be back at training very soon.

Practise at home!



Middle is solar plexus height

Basics

You can choose to practise these in order or mix them up! Get an adult to read out each one and tick when you've completed it! Adults can join in too! Repeat later in the week.

- 20 x Punches on walking stance – changing the heights
- 20 x low blocks on walking stance – knifehand and forearm
- 20 x Inner forearm blocks on walking stance or L-stance
- 20 x Middle front snap kicks
- 20 x Side Kicks
- 20 x Side-Rising Kicks

Wash your hands the TKD Way!

Choose the one you found the hardest from the other 6 weeks and do that one again.

Fitness

Circuit – Do as many as you can in 1 minute with 15 seconds break in between each 'station' You will need someone to be your timekeeper and if you write down how many of each you do, you can repeat it later in the week and try to do more in the 1 minute:

- | | |
|--|--|
| <input type="checkbox"/> Squats | <input type="checkbox"/> Squats |
| <input type="checkbox"/> Crunches (or sit ups) | <input type="checkbox"/> Crunches (or sit ups) |
| <input type="checkbox"/> Burpees | <input type="checkbox"/> Burpees |
| <input type="checkbox"/> Hold the Plank | <input type="checkbox"/> Hold the Plank |
| <input type="checkbox"/> Star Jumps | <input type="checkbox"/> Star Jumps |
| <input type="checkbox"/> Push Ups | <input type="checkbox"/> Push Ups |

As an extra task, see how long you can hold the plank for after your circuit!



Patterns 6 different ways!







Choose a pattern. Do it the following ways:

1. Normally
2. Kihap on every attack
3. Slow motion on every block
4. Eyes closed
5. Full power



What's that stance?!

Answer the questions for each stance

						
What is it called (in English)?						
What is it called (in Korean)?						
Is each leg straight or bent?						
How is the weight shared?						

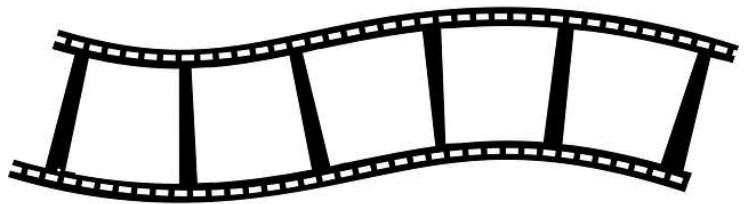


TKD Movie

You are an action star in a movie.

Design an action scene where you have lots of targets (your toys) and obstacles (things to go over or under. Use your spider walk and frog hops, jump over, crawl etc. Use as many of the TKD techniques that you know how to do as you can, and remember to have sound effects!

You could get someone to film you on their phone or ipad, then watch it back and see what you can do better, or to make it more exciting



Word Search

B O I U S V V G M H T G N E A F T R F N
 N U J E A R T H T Q U P U X P O Q O T I
 C Z V F Y B B P X E K G C N Y U U J F U
 T Y L N I Y M Q U O N W U R N N K T R N
 E K C Y B C H S T A O Q A A D U I L P J
 T T H R E E S T E P S H S E R D N G A A
 N U G N A D B O W V C C R P Y D F S O P
 V F S O I V V I T S I F K C A B I W W S
 W D W U P T Y I E T Y J F I H E H N X N
 L A K N O S V L I Z Y F C T O Q B D G M

BACKFIST
 DANGUN
 GUARDING
 PALKUP
 SONKUT
 BOW
 EARTH
 GUNNUN
 SOGI
 THREESTEP
 CHARYOT
 FOUNDER
 NIUNJA
 SONKAL

