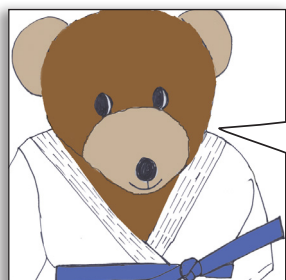
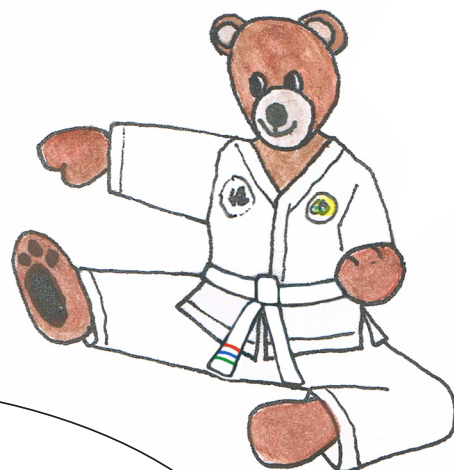


# Taekwon-Do

## Home activities #1 for Mini-kids!



Hi Mini-Kids!

I am TKD Ted and even though we can't come to our normal TKD classes at the moment, My friends and I have some TKD activities and fun stuff to help you do some practise at home, and keep doing your Taekwon-Do. You will need somewhere you can safely kick and punch – ask Mum or Dad where the best place would be. Outside is great, but if it is raining you may need somewhere else.

### Wash your hands the TKD Way!

Say the Student Oath all the way through while washing your hands! You will be practising your Theory and keeping safe ALL at the SAME TIME! 😊



Awesome  
Effort!



### Basics to practise at home!

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!

#### Warm Up

- ☐ 10 x Big arm circles
- ☐ 10 x High knees
- ☐ 10 x Star jumps
- ☐ 10 x Push ups
- ☐ 10 x High jumps

#### Techniques

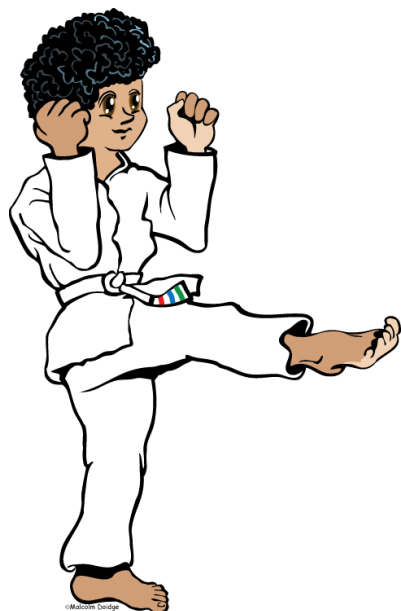
- ☐ 10 x Middle punches
- ☐ 10 x Low punches
- ☐ 10 x High punches
- ☐ 10 x Front snap kicks
- ☐ 10 x Front rising kicks
- ☐ 10 x Low blocks

#### EXTRAS for Greens and above!

- ☐ Punch forwards and lowblock backwards  
10 x each side.

#### Blues and above!

- ☐ Four Direction Punch  
Right Side and Left side  
2 x each side.

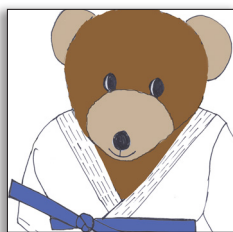


# Being Kind

It is very important to be kind to everyone in your home (bubble).

What can you do to be kind?

Write down the names of the people staying in your home/bubble and one way you can be kind to each person.



# Word Search

## Courtesy

```

d i v y c s i y s x
h t h a n k y o u n
e e s t c e p s e r
w s l r c l p c n p
o t a p e b u m k o
b c t e f n t u i l
y d g w l u n c n i
n s w i o p l a d t
v z a q b b p q m e
i s l y z e v t a x
  
```

bow            please  
 helpful      polite  
 kind          respect  
 manners     thankyou

# WHERE'S TED?!

TKD Ted went to a big tournament! How many teddies can you find?

