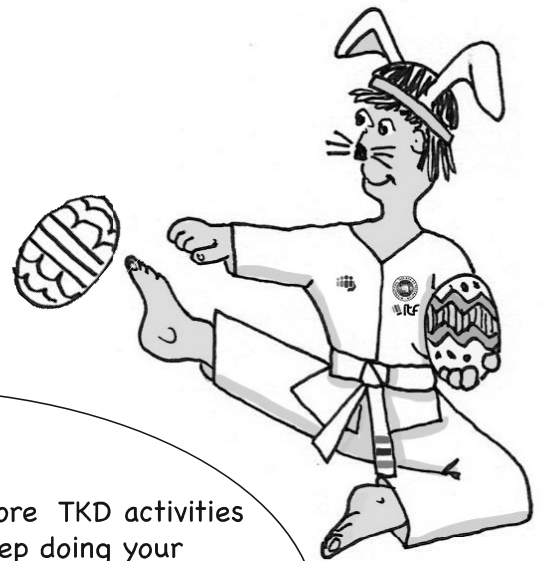


Taekwon-Do

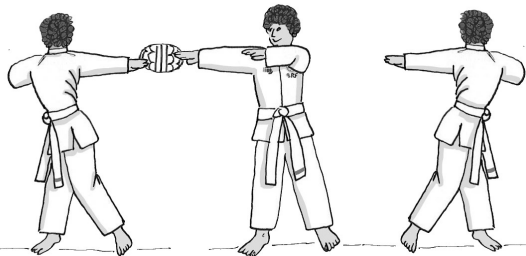
Home activities #2 for Mini-kids!



Hi Minikids -TKD Ted has some more TKD activities and fun stuff to help you keep doing your Taekwon-Do at home. Are you remembering to be kind? A little rabbit told TKD Ted that it is Easter this weekend - so he has hidden lots of easter eggs on these 2 pages for you to find, and colour. There are Seumul-Yadol in all - in English how many is that?

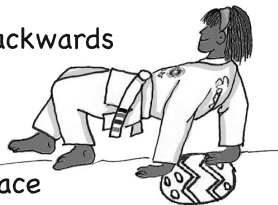
Basics to practise at home!

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 forwards and backwards
- 10 x Trunk Twists (pictured above)
- 10 x Star jumps
- 10 x Jumping Jacks
- Spider Walk around your training space

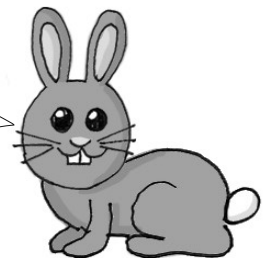


Wash your hands the TKD Way!

Wash your hands by counting your knuckles in Korean and then washing all the different TKD hand parts. See the other page for some help on those.

I've hidden easter eggs all over the 2 pages! Find and colour them all in!

Did you find them all?



Techniques

- 20 x sitting stance punches
- 20 Walking stances around your training space
- 10 x Knifehand low blocks
- 10 x Fingertip Thrusts
- 5 x Front snap kicks going forwards from walking stance
- 5 x Front snap kicks going backwards from walking stance

EXTRAS for Greens and above!

- Punch forwards and low block backwards 10 x each side.

Blues and above!

- Knifehand block backwards, inner forearm block forwards 10 x each side.
- Four Direction Punch Right Side and Left Side

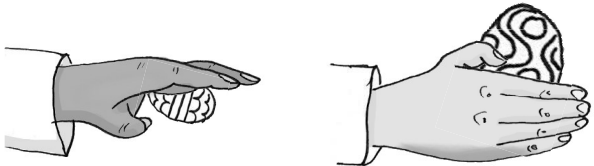


Name the Tool

Write one of these four tools to the correct picture below.

Forefist | Fingertip
Knifehand | Reverse Knifehand





Word Match

Draw a line to match the Korean word to the english word

Jirugi	Kick
Magki	Punch
Chagi	Shout
Dojang	Start
Dobok	Bow
Kihap	Attention
Charyot	Block
Kyon Ye	Training Uniform
Sijak	Training Area



Game - Toy Target!

Find a biggish toy. Sit it on something as high as your chest like a stool or chair)

Use each hand part above to push the toy off its seat. Which one makes it go the furthest?

