

Taekwon-Do

Home activities #4 for Mini-kids!



Hi Minikids!

You are probably an expert at being in your bubble now, and I hope you are still remembering to be kind. I have some ideas for jumping, balancing and kicking at targets for you to try and I want you to think about how to build a more peaceful bubble!

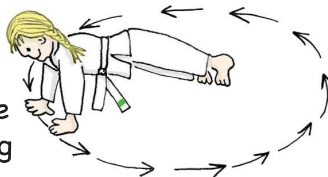
Fitness

Here are some things to get you moving and balancing:

10 star jumps star jumps going forwards and 5 going backwards

Hand circle walk – all the way around the circle then again in the other direction

Repeat with your hands in the middle and your feet doing the circle walking



V-sit – Sit with your knees bent and your hands on the floor. Lift up your legs so that you are balancing on your bottom.

Experts – See if you can lift your hands off as well.



Basics to practise at home!

Techniques

☐ Walk on tip toes twice around your garden or around your house

☐ 10x Front snap kicks on each leg

☐ 10 x Double front snap kicks on each leg

☐ Jump up as high as you can 6 times

☐ Jump high 6 times landing in walking ready stance

☐ Jump high 6 times landing in Junbi (attention) stance

☐ Jump high 6 times landing in sitting stance

☐ **Extra for experts** – jump high and land in a different stance each time

Remember to keep your toes pulled back



keep your knees up!



EXTRAS

Blues and above!

☐ Keep practising your Four direction punch

Reds and above!

☐ Keep practising your Four direction block

Wash your hands the TKD Way!

Wash your hands and practise your TKD balancing skills at the same time, by standing on one leg and counting to 10 (in Korean), and then repeating for the other leg.

Hana : 1	Dool: 2	Set: 3	Net: 4	Dasot: 5
Yasot: 6	Illop: 7	Yodul: 8	Ahop: 9	Yol: 10

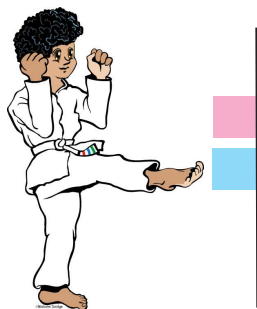
Post It Targets

Post It Notes can make excellent targets for TKD kicks. If you don't have any then blue tack and little pieces of paper would work, but make sure you check with Mum or Dad before you stick anything to the wall

HIGH
MIDDLE
LOW

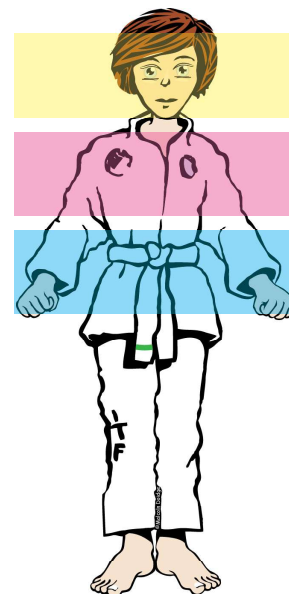
1. Find a good wall or big doorway to use.

2. Stick a post it note on the wall as high as your tummy button (**LOW**) and one almost up to your chest (**MIDDLE**)



3. Do 5 front snap kicks towards each target with each leg – don't touch the paper!

4. Put 5 **LOW** and 5 **MIDDLE** targets around a large room or the outside of your house.



5. Run to each target and do the kick as close as you can to the target.

6. Do it again with the other leg.

You can mix the targets up, and mix up your legs too. You can add some **HIGH** targets as well, but you will need to do high punches for that target as the front snap kick doesn't work high.



Building a more peaceful Bubble

It's really quite hard living in a small space and not being able to go out. I am sure you have done really well, but I guess sometimes your bubble has not been very peaceful!

Think of some ways you can make a more peaceful bubble, and try and do one every day.

PUZZLE

The oath has some bits missing. Can you fill in the gaps?

I shall observe the _____ of Taekwon-Do

I shall _____ the instructor and _____

I shall never _____ Taekwon-Do

I shall be a _____ of _____ and _____

I shall build a more _____ world

