

TAEKWON-DO CHALLENGE

FLYING

Make sure you warm up & warm down before and after doing jumping exercises.

Warm up example:

- Skip around your house or around your back yard for 30 seconds (get someone to time you).
- Hop 10 times on each foot. (If you have a family member with you – see if you can race them!)

Warm down:

See the last page for suggested stretches.

LEVEL ONE – ADVANCED MINI KIDS/JUNIOR COLOUR BELTS

- Do 10 tuck jumps

Check:

- When I jump are both my legs coming up close to my bottom and at the same time?
- Make sure you land lightly on your feet.

TUCK JUMPS



LEVEL TWO – COLOUR BELTS/BLACK BELTS

- Do 10 jumps (not tuck jumps) for DISTANCE. From your starting position see how far you can travel with each jump! You will need to use your arms to create some momentum. Land lightly on your feet.
- Try 5 jumping front snap kicks on each leg.

LEVEL THREE – SENIOR COLOUR BELTS/BLACK BELTS

- Practice at least 4 flying kicks in your syllabus level 10 times on each side.
- Practice any patterns you have containing the flying kicks you have just practiced.

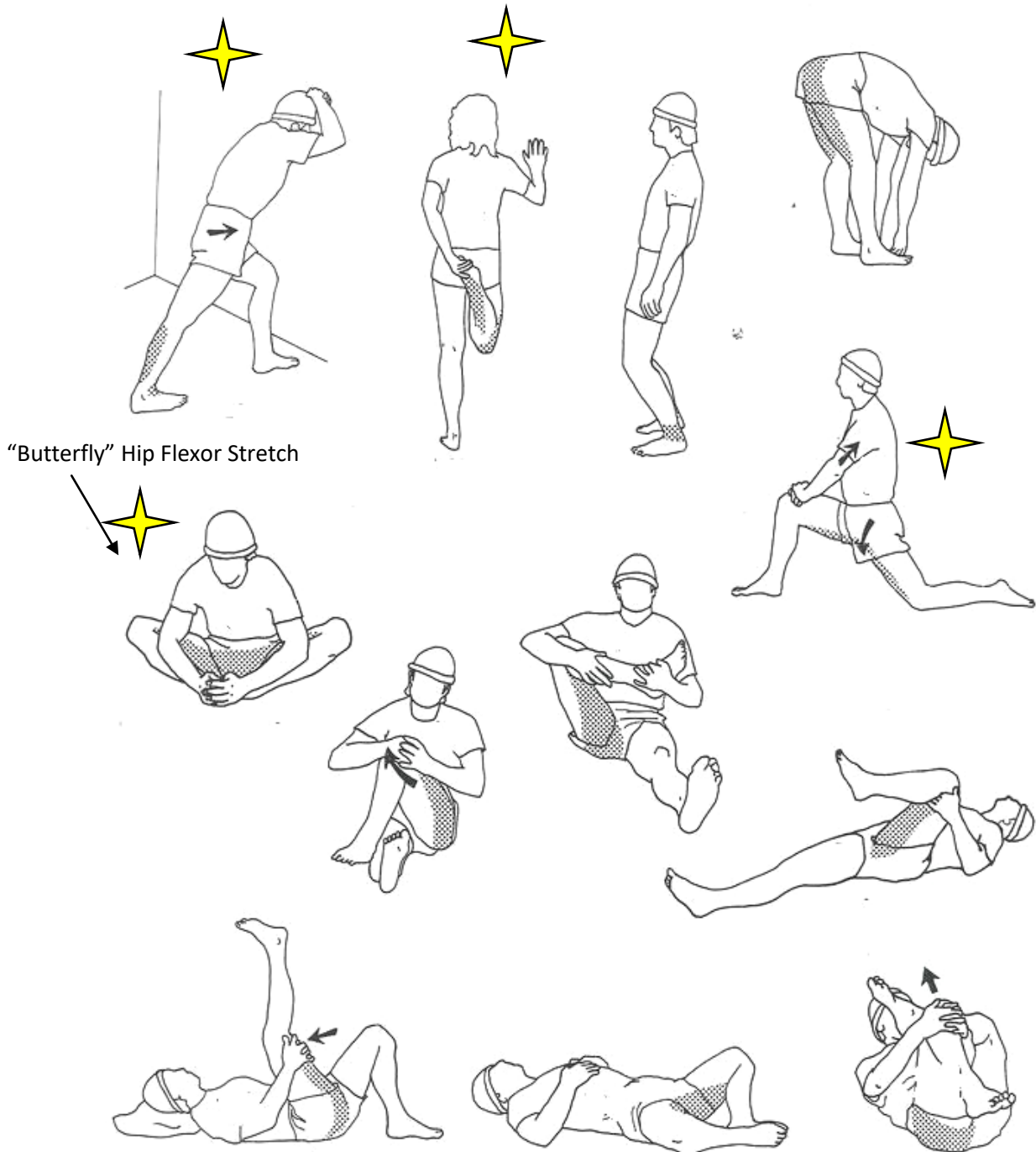
Check:

- Technique executed with good foot position
- Proper chambering/preparatory movements
- Landing lightly on feet

WARM DOWN STRETCHES

Here are some example stretches for you. Look for the star for some particularly recommended ones.

Stretches for the **Legs, Groin & Hips**





Chest



Upper back



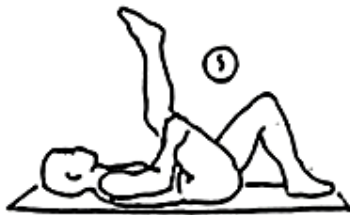
Back of upper arms



Calf



Back of thighs



Back of thighs



Front of thighs



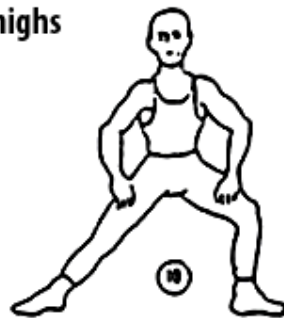
Front of thighs



Outer thighs



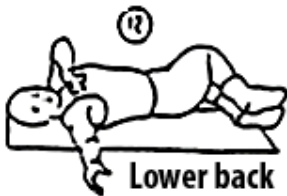
Inner thighs



Inner thighs



Torso



Lower back



Lower back



Lower back