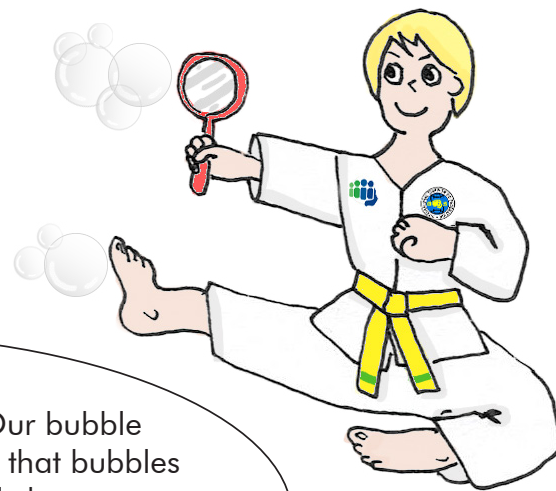


# Taekwon-Do

## Home activities #3 for Kids!



Hi Kids!

How are things in your bubble? Our bubble is keeping us safe, but did you know that bubbles can help your TKD? You will probably have some schoolwork to do this week, so here are some ideas for TKD so you can get some exercise as well to use up the sugar you ate in all those yummy easter eggs

## Practise at home!

### Fitness

It may be a bit wet outside this week, so some of these indoor fitness tasks may be just what you need to get you up and moving.

1. Lie flat on the floor with your legs up – Write the alphabet in the air without putting your feet on the ground.
2. Frog jump to every room in your house. But not on the stairs!



STAY  
AWAY  
FROM THE  
STAIRS!

### Basics

Same as last week, get an adult to help call out and tick off the techniques! Repeat later in the week

- 20 x Punches as fast as you can
- 20 x Punches with as much power as you can
- 20 x Low blocks (forearm and knifehand)
- 20 x Really slow Front snap kicks
- 20 x Fast Front snap kicks
- 20 x Front Rising Kicks
- 20 x Turning Kicks

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3. Find a long hallway and side skip up and down it 3 times
4. TOY CURL UPS  
Sit on the floor with your legs bent and feet flat on the floor.

Balance a toy on your knees and carefully lay down, still keeping the toy on your knees.

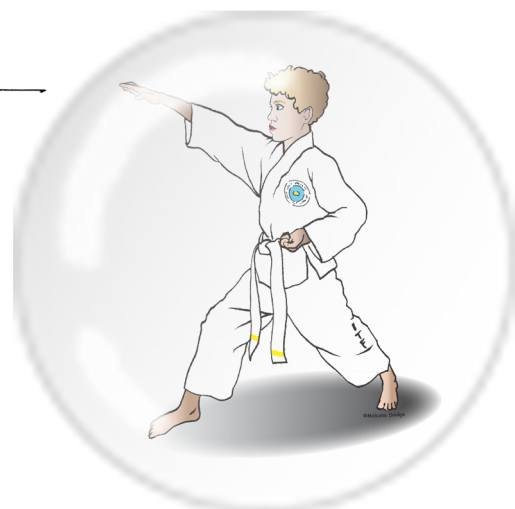
Sit up and pick up the toy with both hands and give it a cuddle as you lay down again (Keep your knees and feet where they are). Sit up again holding the toy and put it back on your knees. Repeat 10 times.

### Patterns

How would you do your patterns if you were stuck in a bubble?

You wouldn't be able to step forward or backwards – you would have to jump each movement on the spot, so that you stayed in the same place – otherwise the bubble will pop!

Choose a pattern you know well and practise it like you are in a bubble.



## Bubble Targets

Did you know that bubbles make really cool targets for TKD techniques?  
You probably have all you need to make bubbles in your home bubble!  
And you will need a helper to blow bubbles for you to punch or kick.



1. Put some liquid hand soap in a small bowl
2. Add a little water to make it a bit runny
3. Find something to make a bubble loop with a large twistie tie or a bit of wire would be good. Get a grown up to help you.



4. Choose somewhere to blow the bubbles, (and do some TKD) – ask the grown up where the best place would be. If it is outside, it needs to be away from the wind.
5. Dip the loop in the mixture and blow a bubble. See how many different TKD techniques you can use to pop it. It will be easier if someone else blows the bubble for you, but you might be quick enough to pop a bubble you blow yourself!
6. If there are several bubbles you can try 2 different techniques at once!

## Puzzle - Word Match

Match the Korean word to the English!

Tul	Parallel Stance
Sabum	Low
Sambo Matsogi	Pattern
Kaunde	High
Najunde	Walking Stance
Napunde	Attention stance
Charyot Sogi	Instructor (4th - 6th Dan)
Niunja Sogi	3 Step Sparring
Gunnun Sogi	L Stance
Narani Sogi	Sitting Stance
Annun Sogi	Master (7th-8th Dan)
Sahyun	Middle

## Dodo Dobok

Which one is which?

Write one of the following under the correct Dodo.

Coloured Belt	4th – 6th Dan Black Belt
Junior Black Belt	7-8th Dan Master
1-3 Dan Black belt	

