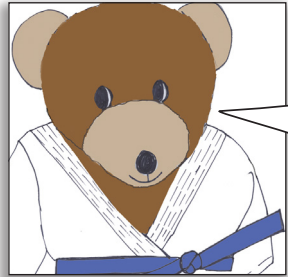


Taekwon-Do

Home activities #4

for Kids!



Hi Kids!

You are probably an expert at being in your bubble now with all that hand washing, keeping safe and remembering to be kind. You have probably been inside and sitting a lot, so I have some activities to really get you up and moving this week. I also want you to think about how to build a more peaceful bubble as I think we are going to be staying in them for a few weeks more yet!

Practise at home!

Fitness

Circuit – Do as many as you can in 1 minute with 15 seconds break in between each 'station' You will need someone to be your timekeeper and if you write down how many of each you do, you can repeat it later in the week and try to do more in the 1 minute:

- | | |
|--|--|
| <input type="checkbox"/> Star Jumps | <input type="checkbox"/> Star Jumps |
| <input type="checkbox"/> Squats | <input type="checkbox"/> Squats |
| <input type="checkbox"/> Push Ups | <input type="checkbox"/> Push Ups |
| <input type="checkbox"/> Hold the Plank | <input type="checkbox"/> Hold the Plank |
| <input type="checkbox"/> Crunches (or sit ups) | <input type="checkbox"/> Crunches (or sit ups) |
| <input type="checkbox"/> Burpees | <input type="checkbox"/> Burpees |

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. Green belts and above you can use your bending stance!

Patterns

Go through each pattern that you know three times:

1. First the usual way,
2. Second with heaps of power
3. Third with your eyes closed

No peeking!



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 on walking stance – changing the heights
- 20 x Inner forearm blocks on walking stance or L-stance
- 20 x Double front snap kicks
- 20 x Side rising Kicks
- 20 x Side Kicks
- 20 x Side-Turning Kicks

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>



Target in the Garden

You will need an outdoor space for this, and if it has been raining perhaps don't wear your dobok as it may get muddy.

1. Find 10 places around the garden or the outside of the house that are as high as your nose (HIGH). Find 10 that are as high as your Solar Plexus (MIDDLE) and find another 10 that are at your tummy button height (LOW).

2. Put at least 10 toys around your outside space as targets, with some at HIGH, some at MIDDLE and some at LOW.

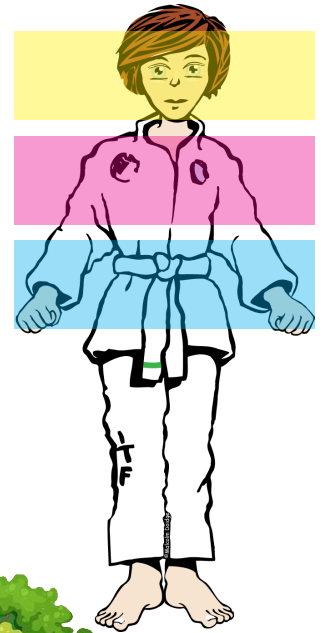
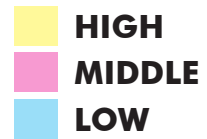
Choose places to put them where they will stay put but you can easily see them

3. Choose a kick. Run to each for your target and kick as close as you can to the toy. If you don't have any kicks for HIGH you can use a punch or a high thrust instead.

4. Repeat with the other leg going in the reverse direction

5. Repeat for different kicks

You can repeat changing legs each time and mixing up your kicks so that no two attacks are the same. Instead going around the space you can change the order so that you are going all over the place.



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

Can you solve this puzzle?

The letters in the Green squares give you a clue!

