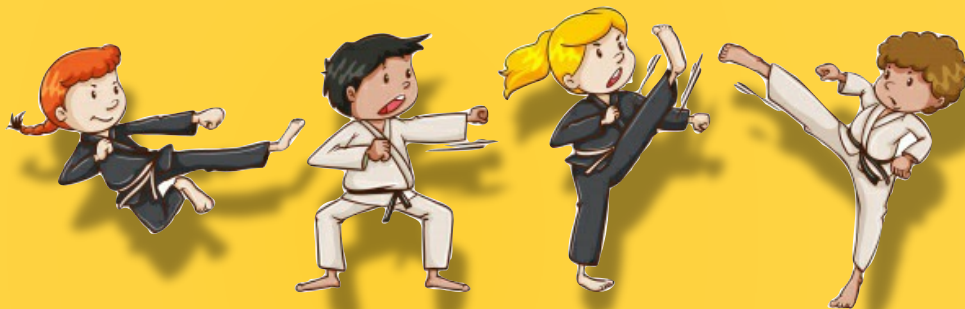


# KNOWLE TAEKWONDO



## JUNIOR PROGRAMME EXERCISE ROUTINES



Written By Master A Slater 6<sup>th</sup> DAN

# Introduction

I Have been an instructor for the past 30 years and have been lucky enough to have trained with some of the top instructors in the country and former founders of British TAEKWONDO .

During my 22 years as a qualified instructor I have seen many changes within the art. One of the most noticeable is the introduction to the art of our younger members,

I myself teach age groups as young as 4-7 years of age, At this age they are unable to grasp the syllabus the same as an older child or adult , also there attention span is limited and need to be stimulated while having fun to learn.

I have developed a few drills, exercises and games to make it fun while learning our basic skills.

This book is to help others use this information within their own schools to help with development.

# INDEX

1. Warm up drill
2. Footwork drills
3. Balance Drills
4. Focus Drills
5. Listening Skills

# 7 Minute HIIT Workout For Kids

Set interval timer to do 45 seconds of work and 15 seconds of rest. Do as many reps of each animal move as you can before time runs out!



FROG JUMPS



BEAR WALK



GORILLA SHUFFLE



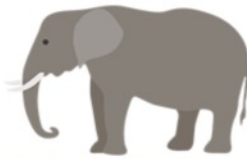
STARFISH JUMPS



CHEETAH RUN



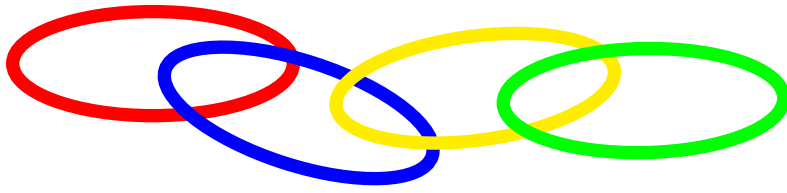
CRAB CRAWL



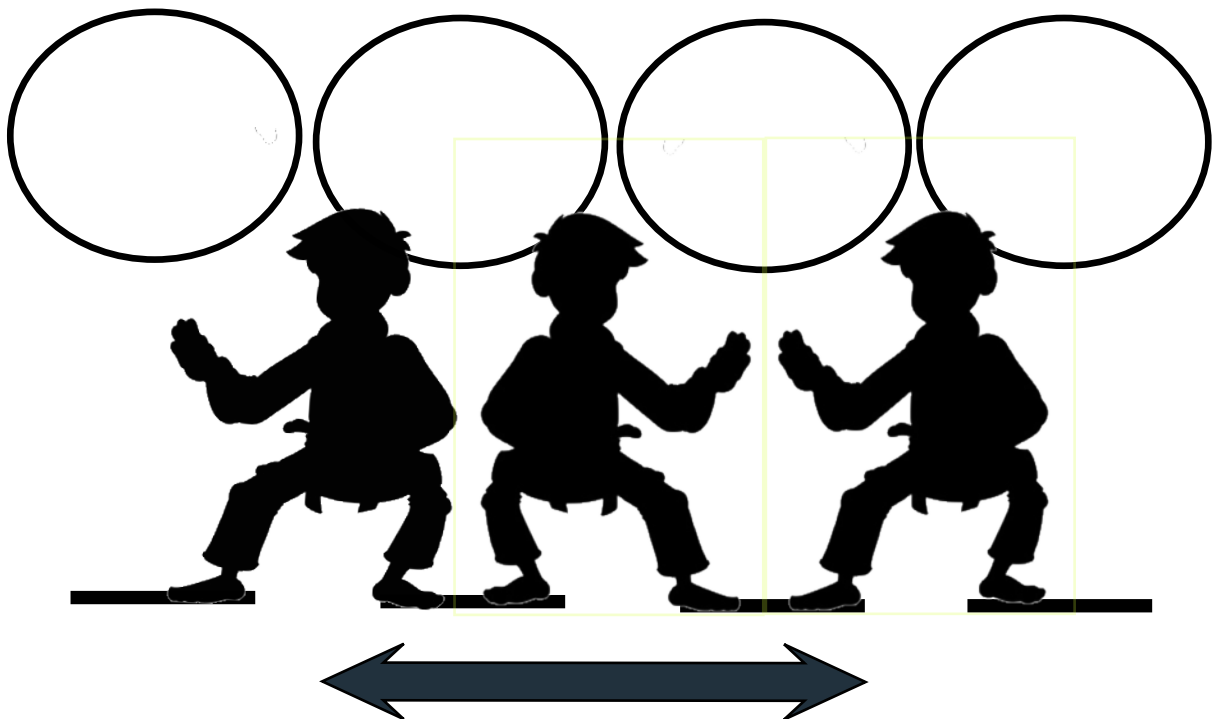
ELEPHANT STOMPS

1. **FROG JUMPS** Get children to jump in straight lines like a frog
2. **BEAR WALK** Get them to walk like a bear opposite hand&leg
3. **GORILLA SHUFFLES** Get then to move around like a gorilla
4. **STAR FISH JUMPS** Start the same as frog position jump high to make a star
5. **CHEETAH RUN** run on the spot like the fast animal in the jungle
6. **CRAB CRAWL** Keep hand and feet on the floor and move sideways like a crab
7. **ELEPHANT STOMPS** Marching on the spot knees high and stamp feet down

## EQUIPMENT REQUIRED: HULA-HOOPS

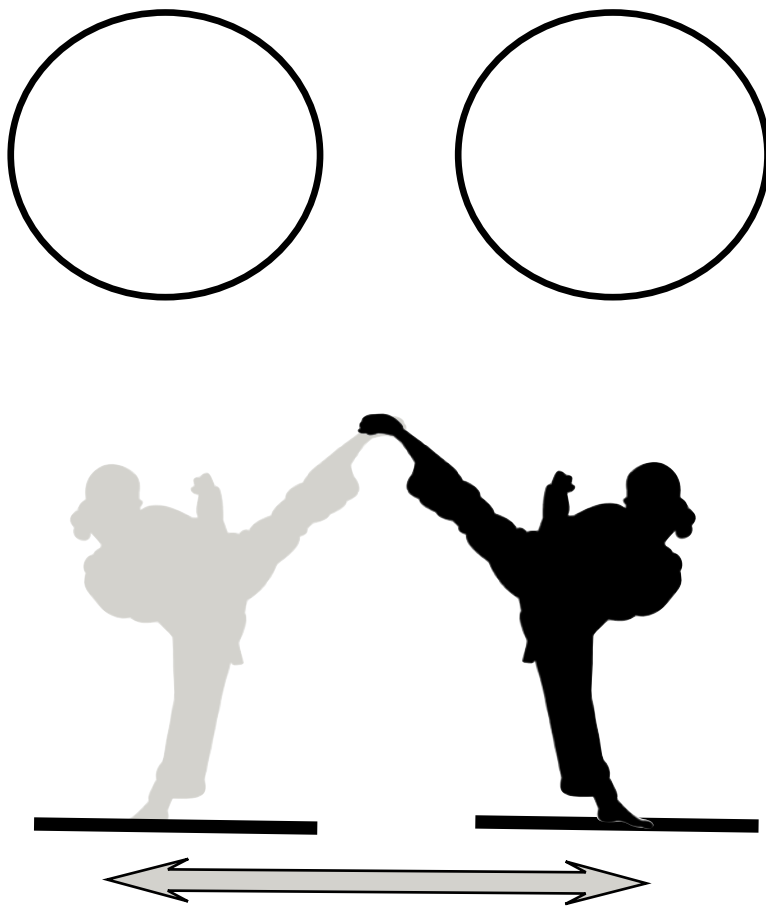


### LAYOUT A.



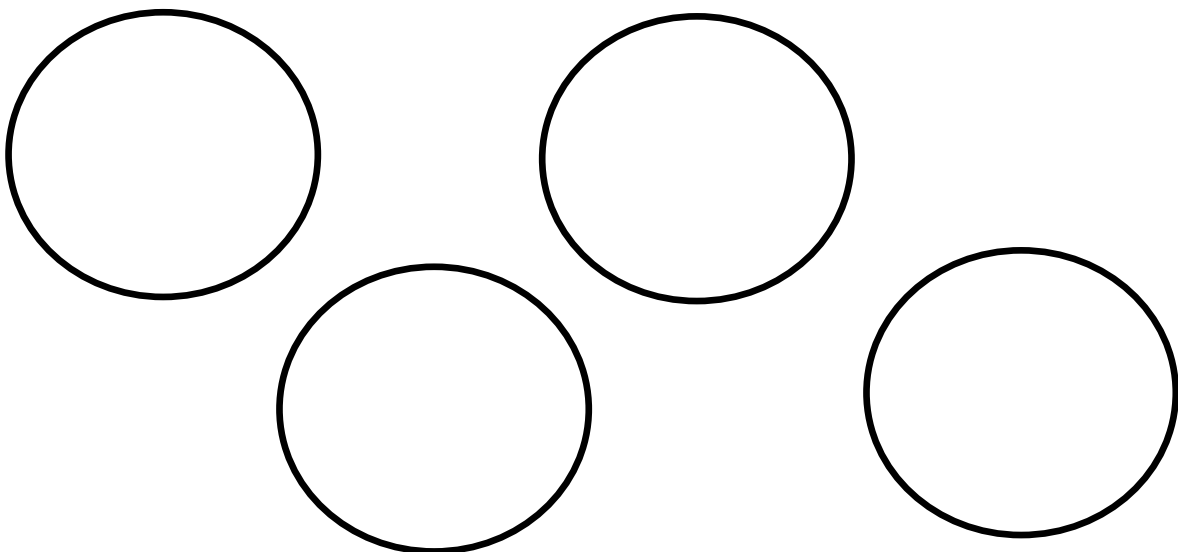
1. Get them to move up and down the hoop in guarding block only moving one foot at time to the next hoop and changing direction as they go

## LAYOUT B



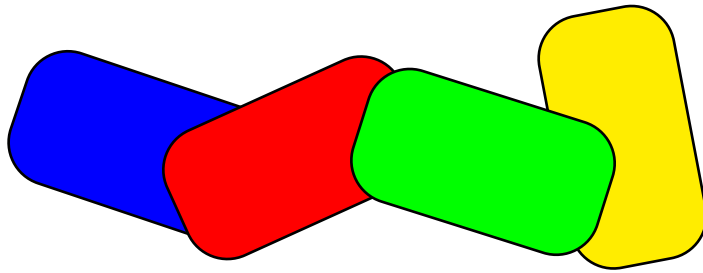
2. Step from one hoop to the other execute a sidekick, Turning Kick or a Back Kick (try and move quickly from one side to the other).

## LAYOUT C



3. Same as above in forward moving motion from hoop to hoop

## EQUIPMENT REQUIRED : Bean Bags



### Exercise 1.



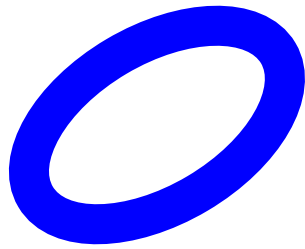
Place Bean Bag On The Head And Execute  
Sitting Stance Single Punch/Double Punch  
Without Dropping Bean Bag.

### Exercise 2.

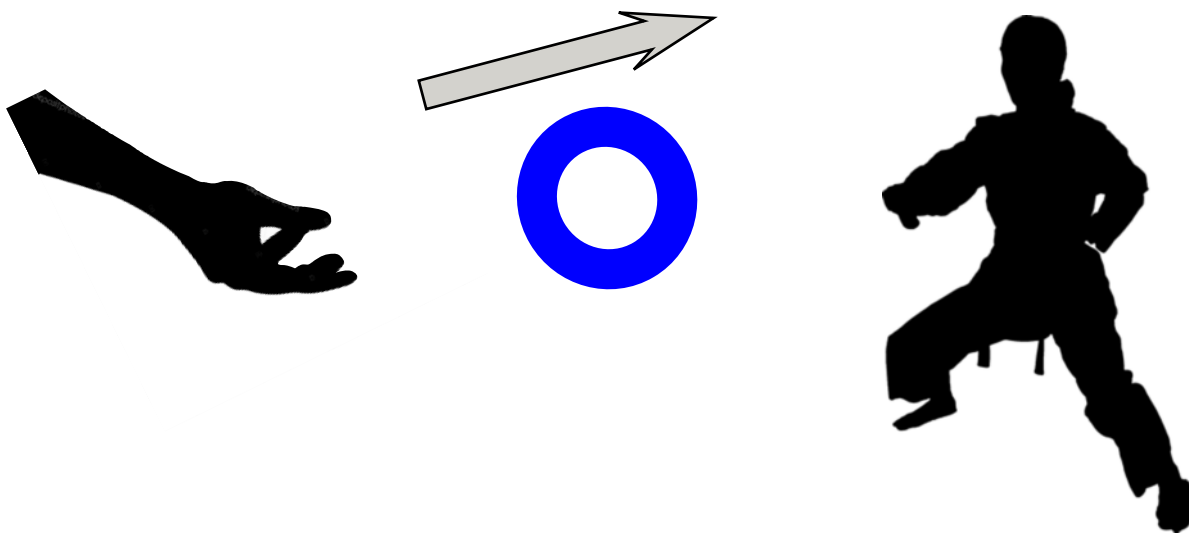


Standing On One Leg With Bean Bag On  
The Head Or Get Them To Execute A Kick  
Or Place Bean Bag On One Knee While  
Counting To 10!

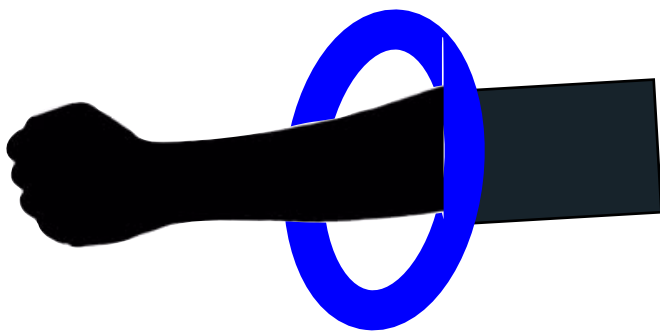
## EQUIPMENT REQUIRED Small Hoop



### EXERCISE.



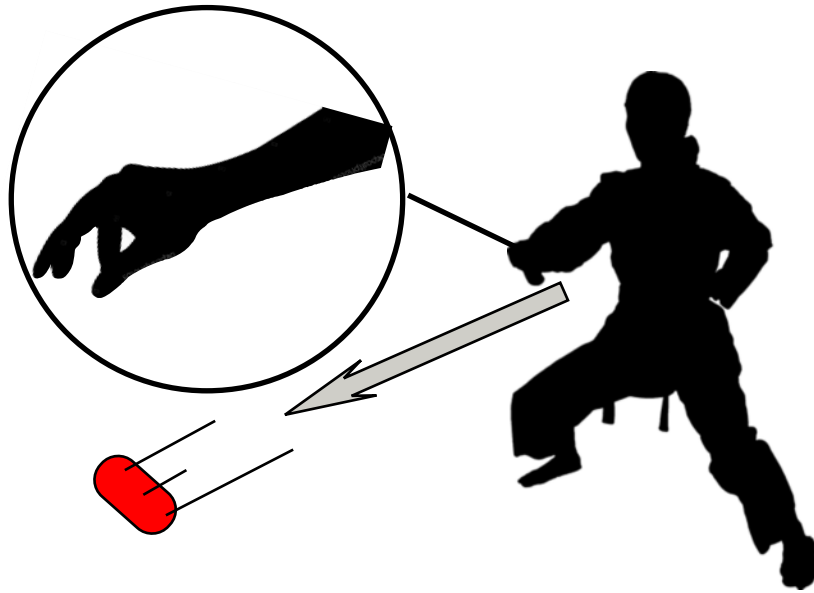
Through Hoop Toward Student In Sitting Stance Aim Is To Execute A Middle Punch Through The Hoop (To Make It More Difficult Move Further Back.





## EQUIPMENT REQUIRED Bean Bag ( Release Bean Bag Punch )

### EXERCISE 1.



Hold The Bean Bag On Parking Position at waist, in Sitting Stance and Execute a Reverse Punch Let Go Of Bean Bag, See How Far Bean Bag Travels Judge If Correct Technique Is Used

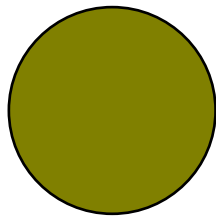
### EXERCISE 2.

While in Sitting Stance Hold Bean Bag Out On Extended Arm ,Release Bean Bag,and Execute a Reverse Punch Grabbing The bean Bag With The Other Hand.(Without Bean Bag falling To The Floor)  
This Will Help Students Hand Speed and Eye Coordination and Focus.



Aim To Do 10 As Fast As You Can!

## EQUIPMENT REQUIRED (Three Different Size Balls)



(Football)



(Tennis Ball)



(Ping Pong Ball)

### Exercise.

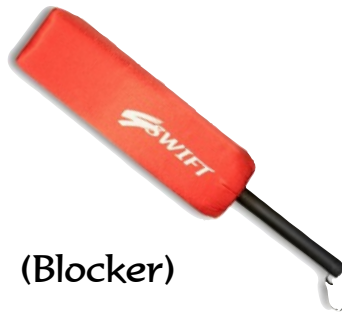


Have The Student Standing In Guarding Block Throw The Ball Towards The Student At Shoulder Height,  
Have Them Return Punch The Ball (front hand or Reverse punch)  
Tell Them To Punch in A Straight Line So You Can Try And Catch It.  
Decrease The Size Of The Ball As They Start To Master The Skill.

## EQUIPMENT REQUIRED:

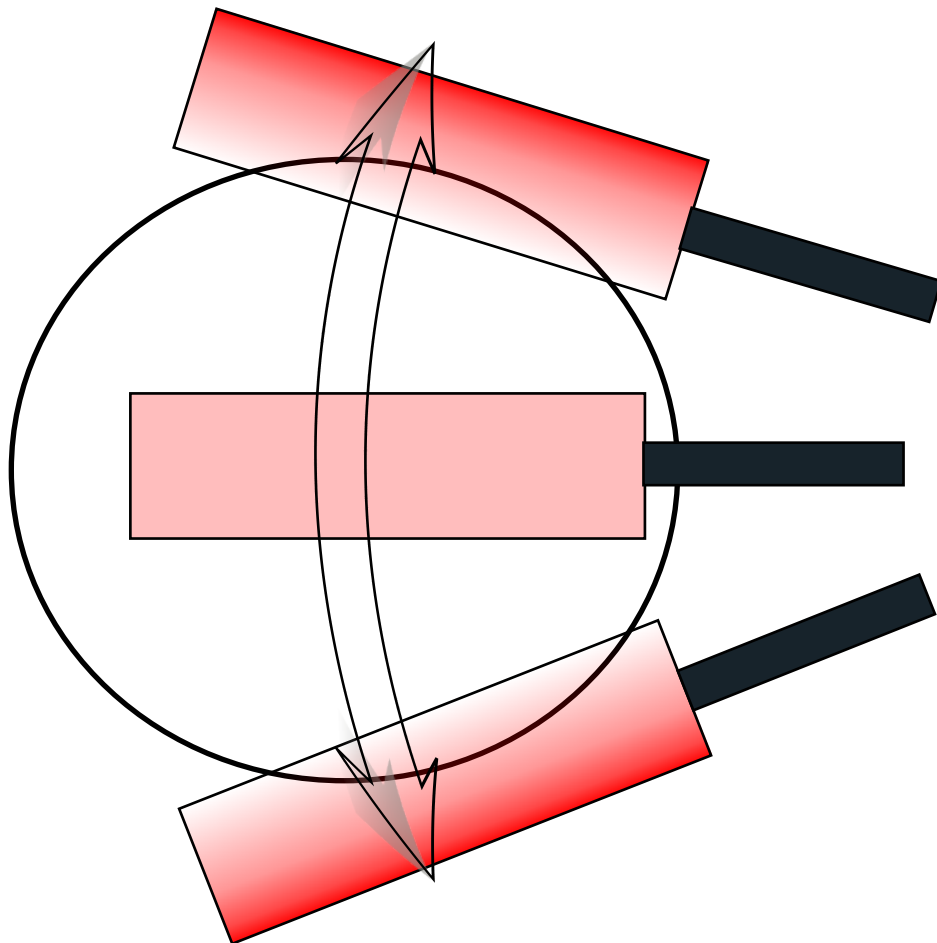


(Button Pad)



(Blocker)

### Exercise.



Move the Blocking Pad Up And Down In A Slow Motion And Get Student To Punch Pad Without Getting Hit by Blocker.  
Speed Up The Blocker as the Student Becomes More Proficient.  
Count How Many Times They Can hit The Pad Without Getting Court,  
Keep Score And Declare A Winner.

## EQUIPMENT REQUIRED:



(Button Pad)



(Kick Shield)

## Exercise.

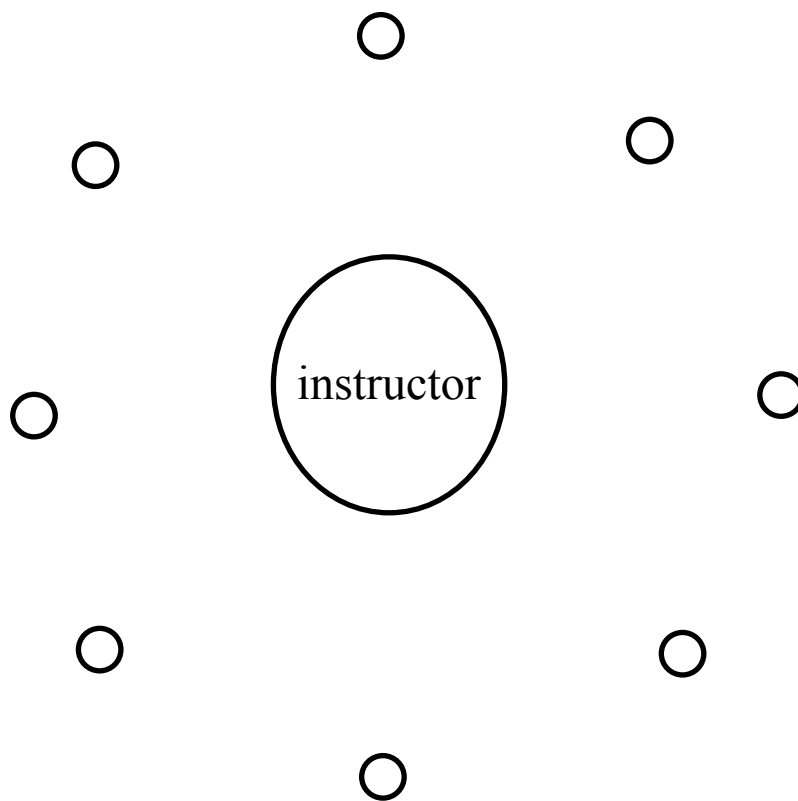


Placing Button Pad On top Of Kick Shield Holding Loosely In Place  
Get Student To Execute Turning Kick See How Far The Button Pad  
Can Travel. If They Find This Easy Without Hitting The Kick Shield  
Try Stacking The Kick Shields To Get More Height.  
This Exercise Can Also Be Used for Sidekick, Back kick, Reverse  
Turning Kick etc.

## Equipment Required Focus Pad



### Exercise.



Instructor stands in the middle holding a focus pad with students around The Outside in guarding stance,.Each student is given a number not in order!. Instructor shouts out random number when students number is called they give out a Kihap shout , Instructor turns to face the student and they have to React with what ever technique you have decided.

## Exercise Game For End Of Class

I always like to finish my class with a game, This game helps With their listening skills and concentration.

### Master Said

Its very much like the game Simon said,

Give out a commands followed by Master said and all children have to do that action, some commands leave the Master said Off and if anybody does the technique there out.

Do The commands with them and sometimes do a different Technique to what you said IE:Touch your toes and you hold Your knees if they copy you they are not listening and there out.

If you get that in the end all students are following and its hard To catch anybody out revert to speed so last one to action the Command is out that way you see who is copying the other Student rather than listen to you.

I Hope This Book Helps With Some Of Your Class  
Plans

Teaching Children Is Challenging But Rewarding  
It Just Takes A Little Longer.