



TINY TYGERS
TAEKWONDO



JUNIOR TYGERS
TAEKWONDO

Week 3: Discipline

ACTIVITY SHEET



Keep Fit:

1. Stand with legs out wide, touch your toes with opposite hand and change 5 times
2. Jog on the spot and then jump and turn until you are facing the other way 5 times
3. Star jumps, try and do whilst turning on the spot ending up where you started, both ways
4. Frog squats from one end of the room turn around and come back twice

Quiz:

1. How many of the eight Tyger skills (Junior Tygers only) can you name without looking in your book?
2. What grade is your instructor?
3. Some of the pads have a name on them, what is the name?
4. Which Wrestler/ movie star was in the film JUMANJI?
5. What time is your normal Taekwondo class each week?

Score /5

Other:

1. How many kicks can you do in 30 seconds
2. Can you jump and turn all the way round both ways.
3. Draw a picture of the Dojang.



Bonus:

4. Do something to help around the home. What did you do?
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Parents: If your child has done everything on the sheet, you can put your initials in the skill card for this weeks skill - **Memory**. We will stamp all the initialled boxes when we see you next.

Quiz answers: 1. Focus, Teamwork, Control, Balance, Memory, Discipline, Fitness, Co-ordination 2. 5th Dan Katie 2nd Dan. 3. BLITZ 4. Dwayne Johnson (the ROCK) 5. You decide if they answered correctly.