



TINY TYGERS
TAEKWONDO



JUNIOR TYGERS
TAEKWONDO

Week 2: Memory

ACTIVITY SHEET



Keep Fit:

1. Go through the normal Taekwondo warm up – try and remember it by yourself
2. One minute: Two axe kicks, one press up, repeat for the whole minute.
3. Run out to the farthest part of your garden and run back again three times.
4. Timed: Sit down on the floor, jump in the air, do this 5 times in total. How long did it take?

Quiz:

1. What is Number 4 in Korean?
2. What does Taekwondo mean in English?
3. How many mats are there across the hall (not down the hall)?
4. Which country is Jade Jones (Olympic TKD gold medallist) from?
5. Where was the Olympics going to be this Summer?

Score /5

Other:

1. Take a picture of you doing a high block
2. Count backwards from 5-1 in Korean or 10-1 if you can.
3. Move up and down the room doing kicks shouting KEEAAGH!!



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. Net 2. Foot, Fist, Way. 3. Nine 4. Wales 5. Tokyo or Japan (either is fine).