

Fall Session TKD Kids

9/16

Exercise: Stretch

Technique of the day: Horse Stance, Fist, Punch, Kihap

Focus Station: Read [Strength and Self Discipline](#)

Technique Station: Horse Stance, Punch to pads

Relay: Run to target, right, then left, then both to TKD

Word for the Day: **Bow in Words, 2 ways to sit**

9/23

Exercise: Ball Warmup

Technique of the day: Front Snap, Side Kick

Focus Station: Metal Puzzles

Technique Station: Front and Side Kick to Pandas

Relay: High Block, Reverse Punch to Panda

Word for the Day:

9/30

Exercise: Agility Ladders

Technique of the day: Front Stance, High Block, Reverse Punch/Oxjaw

Focus Station: Spot It JR

Technique Station: Bonkers and Square Pads

Relay: Flag Sparring

Word for the Day: **Makki**

10/7

Exercise: Animal Warmup

Technique of the day: Roundhouse Kick

Focus Station: Zingo!

Technique Station: Roundhouse to Shields

Relay: 3 kids kick to shield. 1st stays for 3X

Word for the Day: **SaBomNim**

10/14

Review: SaBomNim, RH Kick

Belt Wars on Balance Beams Foam Sword Fighting

Word for the Day: **Gyoorgi - Give Halloween Hidden Objects**

10/21

Judo

Word for the Day: **Judo Words**

10/28 (Take Halloween Treats)

Exercise: None

Technique of the day: Side Kick and Flying Side Kick

Focus Station: Furious Five (35 min)

Technique Station: Flying Side Kicks over something on floor

Relay: Jump over Noodle

Word for the Day: **What Each Furious Five is Noted For**

11/4

Exercise: Kickboxing Warmup

Technique of the day: In/Out Makki

Focus Station: Read Perseverance

Technique Station: In/Out Timing Drills

Relay: Hoola Hoop Circle

Word for the Day: **Count to 5**

11/11

Exercise: Tabata Warmup

Technique of the day: Back Fist, Back Stance

Focus Station: Spot the Difference Thanksgiving

Technique Station: Backfist to Paddles

Relay: If enough kids, parachute, Else Egg in Spoon

Word for the Day: **Kam Sa Ham Nida**

11/18

Exercise: Stations

Technique of the day: Back Kick

Focus Station: Building Bugs

Technique Station: Back Kick to Mats on Wall

Relay: Back Kick to Balloons

Word for the Day: **Dobok**

11/25

Exercise: Jumping

Technique of the day: Front Jump, Jump Side/RH

Focus Station: Jumping Monkeys

Technique Station: Jump Kicks to +-Bar

Relay: High Jump

Word for the Day: **Kam Sa Ham Nida**

12/2

Exercise: Cones

Technique of the day: Crescent Kicks

Focus Station: Magnets

Technique Station: Crescent kicks to paddles

Relay: Crescent kick cup off of chair

Word for the Day: **Perseverance & Definition of a Black Belt**

12/9

Exercise: Sport Warmup

Technique of the day: Inside/outside knife hand

Focus Station: Puzzles

Technique Station: Knifehand to pads

Relay: Balls in Hoola Hoop

Word for the Day: **Integrity**

12/16

Exercise: Elf on the Run

Technique of the day: Make Gift Bag & Ornament

Focus Station: Christmas Hidden Objects or Christmas Coloring

Technique Station: Make Gifts for Mom/Dad

Relay: If Time - Ninja Twister

Word for the Day: **Kindness, love, peace**