

Mastering the moves

This activity is a 'UMA' from the Be Well (purple) theme. It counts for 30 minutes.

Aim of activity: Precision and concentration are important in sports like taekwondo. Learn some taekwondo-style moves.



What to do:

Taekwondo, a Korean martial art, requires great speed and agility. It takes years to master taekwondo as a form of self-defence. This activity will give you a taster of what's involved.

Practice these taekwondo moves (you could have a look at them on YouTube if you need some help – remember to ask a parent first before you go onto YouTube).

Attention Stance

- Stand up straight
- Keep your heels together, legs side by side.
- Place your hands flat at your sides so your palms touch your legs.

Sitting Stance

- Stand, place your feet wider than shoulder width apart.
- Bend both knees, but keep your back straight
- Make fists with your hands; your thumb should always be on top, lying across your fingers (not tucked inside).
- Place your fists, palms facing upwards, just above your hips, arms bent gently.

Middle Punch

- Get into Sitting Stance.
- Put your right arm straight out in front of you, turning your fist so your palm now faces downwards.
- Move your left arm to punch straight out in front of you. Again, turn your fist so your palm faces downwards. As you do this, return your right fist to your hip, palm facing upwards.
- Alternate punching left and right, building up the power and speed. Remember to move your non-punching hand back to your hip.

Low Block

- Place your left foot in front of your right. Left foot points forward, right foot points to the right. Bend your knees slightly.
- Facing the same way as your left toes, hold your fists at your waist, like in Sitting Stance.
- Now, put your right arm straight out in front of you, palm facing downwards.
- Next, lift your left fist to your right shoulder, keeping your elbow bent.
- Bring your right arm to your hip like in Sitting Stance. At the same time, snap your left arm down towards your leg, keeping it straight – your forearm would ‘block’ incoming low kicks or punches.

Once you’ve practiced the moves, put together your own taekwondo routine that includes these moves. You could research some other moves to include to – remember you need to be safe so be careful when choosing your moves.