

Home questions

Taekwon-Do theory

1. What is a *do bok*? _____
2. What is a *do jang*? _____
3. Put these in order for the start of class
(Number 1, 2 or 3)

Repeat
the oath



Kyong ye



Charyot



Taekwon-Do behavior

There are lots of rules to learn about how to behave in the DO JANG.

Some rules are to:

1. Be organised
 - a. Bring your book and a named drink bottle
 - b. Go to the toilet before class starts
 - c. Bring your *do bok* and belt
2. Put your belongings in the right place
3. Stand still and listen when the instructor is talking
4. Try your hardest

What do you do with your book?

Where do your shoes & drink go?

Home tasks

Circle all the things that will help you learn lots of Taekwon-Do in the do jang.

Stand still

Follow instructions

**Go to the toilet
before class**

Be naughty

Listen carefully

Be brave

Try hard

Make lots of noise

1. Talk with Mum and/or Dad about which ones you need to get better at.

Write them here:

- _____
- _____
- _____

2. In Taekwon-Do I need to practise:

- _____
- _____
- _____

Home questions

Taekwon-Do theory

1. What does the white belt mean?

2. What do you do when your instructor says:

"Charyot"? _____

"Kyong ye"? _____

Taekwon-Do behavior

In Taekwon-Do we are trying to become better people.
One way we do this is through the **tenets of Taekwon-Do**.

The first tenet we have is **COURTESY**. This means:

1. Being polite
2. Being kind and helpful
3. Having good manners (like saying please and thank you)
4. Being respectful to your parents and teachers



When is a good time to use your manners at home?

What can you do to be kind at school or pre-school?

Home tasks

1. Courtesy at home or school:

For one week you need a grown-up at home or school to give you a mark out of 10 every day for how polite you have been.

You need to get at least **8/10** on **five** of the days.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|-------|-------|-------|-------|-------|-------|-------|
| <hr/> | <hr/> | <hr/> | <hr/> | <hr/> | <hr/> | <hr/> |
| 10 | 10 | 10 | 10 | 10 | 10 | 10 |

2. Talk with Mum or Dad about some ways you can be more helpful at home (cleaning your room, setting the table etc.). Write down what you are going to help with at home this term:

- _____
- _____
- _____

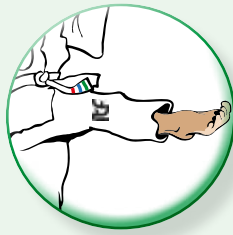
3. In Taekwon-Do I need to practise:

- _____
- _____
- _____

Home questions

Taekwon-Do theory

Write *chagi*, *makgi* or *jirugi* under each picture



Taekwon-Do behavior

INTEGRITY is the second tenet. This means:

1. Being honest
2. Feeling sorry if you have done something wrong, and trying to make it right
3. Being fair to everyone by taking turns
4. Following the rules

What is a rule you have at school that helps you to be fair?

Playing games are fun when everyone is honest, follows rules and takes turns. Instead of shouting at each other we could...

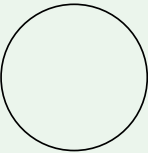
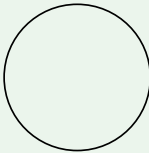
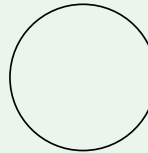
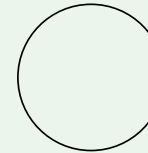
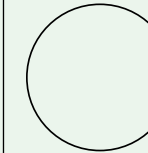
You have broken something that belongs to someone else. What should you do?

INTEGRITY

Home tasks

1. Integrity at home or school.

How honest were you this week?
Draw a smiley to match each day.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|---|---|---|---|--|
|  |  |  |  |  |

1. Very honest



2. Mostly honest



3. Not very honest



2. Talk with Mum or Dad about what is really important for you to be honest about. Write down what you are going to be honest about this term:

- _____
- _____
- _____

3. In Taekwon-Do I need to practise:

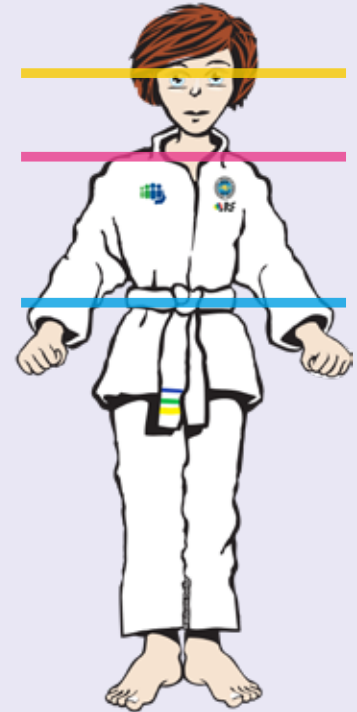
- _____
- _____
- _____

Home questions

Taekwon-Do theory

Draw arrows to show where the words match to the body, and write in English in the space:

- | | |
|-------|---------|
| _____ | Najunde |
| _____ | Nopunde |
| _____ | Kaunde |



Taekwon-Do behavior

PERSEVERANCE is our third tenet. This means:

1. Keep trying hard, even when it is something that you don't like doing
2. Working hard at something, and feeling good as it gets easier and better
3. Finishing what you start

What subject do you find most difficult at school?

Why should you try hard at school, even if it is not easy?

What could you try harder with at home?

PERSEVERANCE

Home tasks

1. Perseverance at home

Perseverance is about deciding on something that you would like to do and never giving up until you do it. Perseverance means you have to practise a lot!

- How many push-ups can you do in a row? _____
- Practise push-ups every day for ONE WEEK.
Remember to keep your back straight and let your arms do the work!
- How many push-ups in a row can you do now? _____
Did you do better? If you did, WELL DONE!
If not, you might need to do more practice.



- ### 2. Talk with Mum or Dad about something you need to improve on but find difficult. (*tidying your room, tying shoelaces etc.*)

Write down what you are going to persevere with this term:

- _____
- _____

- ### 3. In Taekwon-Do I need to practise:

- _____
- _____
- _____

Home questions

Taekwon-Do theory

Who is this man?



When was he born?

When did he die?



Taekwon-Do behaviour

SELF CONTROL is our fourth tenet. This means:

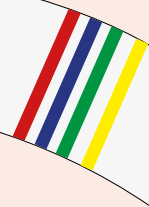
1. Having patience and not getting angry
2. Keeping calm when things get difficult
3. Walking away from bad situations without losing your temper

What is one time when you remember losing your temper?

What could you do instead of getting angry if this happens again?

What could you do if you feel like saying hurtful or angry things to one of your friends?

SELF CONTROL



Home tasks

1. Self Control at home or school

For one week you need a grown-up at home or school to give you a mark out of 10 every day for how well you have used your Self Control. You need to get at least **8/10** on **five** of the days.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|----------|----------|----------|----------|----------|----------|----------|
| <hr/> 10 | <hr/> 10 | <hr/> 10 | <hr/> 10 | <hr/> 10 | <hr/> 10 | <hr/> 10 |

2. Talk with Mum or Dad or your teacher about where you can improve your Self Control. Write down what you are going to improve on this term:

- _____
- _____

3. In Taekwon-Do I need to practise:

- _____
- _____
- _____

Home questions

Taekwon-Do theory

1. What does Saju Jirugi mean? _____
2. What does Saju Makgi mean? _____

Taekwon-Do behavior

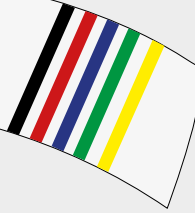
INDOMITABLE SPIRIT is our last tenet. This means:

1. Doing the right thing even if it is really hard
2. Be brave and have the courage to stand up for yourself
3. Not allowing bullies to scare you and if they do, ALWAYS tell an adult

What should you do if a bully won't leave you alone?

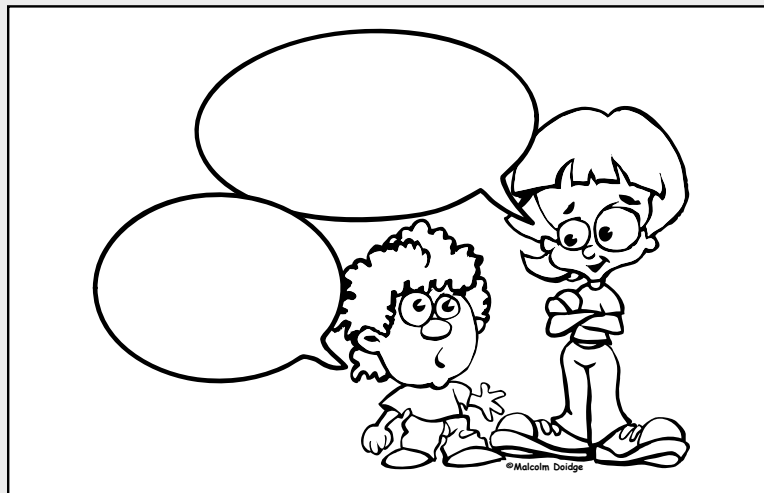
What do you do if a bully grabs you or starts to hurt you?

What do you do if a bully tells you they will hurt you if you tell on them to an adult?



Home tasks

1. Your friend wants you to do something you know is very naughty. What could you say to them? (write in the speech bubbles and colour the picture)



2. Talk with Mum or Dad about what you should do if you have broken something that did not belong to you.

Write down what you came up with:

- _____
- _____

3. In Taekwon-Do I need to practise these things for my grading:

- _____
- _____
- _____
- _____
- _____