

## Home questions

### Taekwon-Do theory

1. Draw a line from the number to the correct Korean word

Hana		Dool		Set		Net		Dasot	
2	6	9	1	4	7	5	8	3	10
Yosot		Ilgop		Yadol		Ahop		Yol	

### Taekwon-Do Behavior - Responsibility

**RESPONSIBILITY** is doing what you are supposed to do.

This means:

1. Following instructions and finish what you start
2. Being trustworthy
3. Doing your share of the work
4. Looking after yourself and your belongings

Responsibility can mean having a small job to do everyday.

Do you have a job at home? What is it?

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What do you need to remember to bring to training each week?

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What are some things you have to take to school everyday?

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# R E S P O N S I B I L I T Y

## Home tasks

1. Talk with Mum or Dad about what you can do to be more responsible around the house. Write down what you came up with:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2. Pick one of your ideas and for one week you need a grown-up at home to give you a mark out of 10 every day for how well you have worked on being responsible. 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

3. In Taekwon-Do I need to practise:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Home questions

### Taekwon-Do theory

1. What is the Korean word for Stance? \_\_\_\_\_
2. Circle the shape that the first half of Chon-Ji makes on the floor?



3. Draw a line to match the feet with the correct stance diagram



Attention stance

Walking stance

Parallel stance

L-Stance

### Taekwon-Do Behavior - Champion

CHAMPION is in the fourth line of the oath.

"I shall be a champion of freedom and justice"

Champion usually means being the best at something, but in the oath it means:

1. To try your best to treat people fairly
2. To try to understand the feelings of other people

What can you do if you see a friend upset because someone has been mean to them?

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How would someone feel if you push in front of them instead of waiting your turn?

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# CHAMPION

## Home tasks

1. Below are some ways of behaving. Circle all the ones that show fairness. Talk to Mum or Dad about the ones that aren't fair and what you could do about them.

**Calling someone a  
bad name**

**Taking someone's stuff  
without permission**

**Laughing at someone  
because they fell over**

**Helping someone when  
they need it**

**Sharing a toy with  
someone else**

**Not listening when the  
teacher is talking to you**

2. Talk with Mum, Dad or your teacher about how you can be a champion at being fair. Write down two that you will work on:

- \_\_\_\_\_
- \_\_\_\_\_

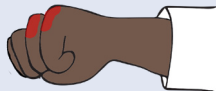
3. In Taekwon-Do I need to practice:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Home questions

### Taekwon-Do theory

1. Chon-Ji means the \_\_\_\_\_ the \_\_\_\_\_
2. How many movements are there in the pattern Chon-Ji? \_\_\_\_\_
3. Name the tool



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Taekwon-Do Behavior - Safety

**SAFETY** is learning to keep ourselves safe. This means:

1. Telling the truth to whoever looks after us
2. Saying NO when you feel uncomfortable or scared
3. Knowing the difference between a secret and a surprise
4. Knowing Mum or Dad's mobile phone number
5. Following rules and being careful

If someone is mean to us or does something that we think they shouldn't be doing, what should we always do?

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If we have done something wrong, why should we tell the truth about it to someone we trust?

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Who is someone you can trust that is not Mum or Dad?

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# S A F E T Y

## Home tasks

1. A SECRET is something you never tell, a SURPRISE is a nice secret you keep for a little while. Below are some secrets and surprises. Circle all the secrets. Talk to Mum or Dad about each one and what you could do about them.

Someone at school gets  
paint on your top. They  
say they'll hurt you if you  
tell anyone

Dad tells you about a holiday  
coming up, but said not to tell  
Mum about it

Mum tells you about  
a birthday present for  
Grandma

Your friend has stolen  
something and told you  
not to say anything

You and your friend have been  
naughty and don't want to tell  
anyone because you might get  
into trouble

2. Talk with Mum or Dad about your family rules for keeping yourself safe. Write down TWO that you need to get better at following.

- \_\_\_\_\_
- \_\_\_\_\_

3. In Taekwon-Do I need to practise:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Home questions

### Taekwon-Do theory

1. What does the word Narani mean in English? \_\_\_\_\_
2. What is Korean for L-Stance? \_\_\_\_\_
3. What is Korean for Sitting stance? \_\_\_\_\_

### Taekwon-Do Behavior - Peaceful world

PEACEFUL WORLD is in the last line of the oath.

“I shall build a more peaceful world” This means we need to:

1. Be kind to each other and never be mean or cruel
2. Help those who need it so they can be happy too
3. Follow the tenets all the time  
(even outside the Do jang)



What are some ways you can show kindness to others?

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What is one way you have helped someone who needed it?

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Why do we need to follow the tenets outside the Do Jang?

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# PEACEFUL WORLD

## Home tasks

1. Talk with Mum or Dad about who might need help and what you could do to help them. Write down what you came up with:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2. Choose the one you want to help the most. Write a story about how you helped them. Next to the story draw a picture, or take a photo and glue it in.

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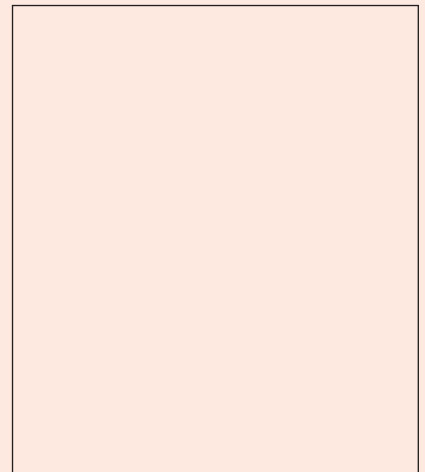
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3. In Taekwon-Do I need to practice:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# 9th Gup Black

## Home questions

### Taekwon-Do theory

1. What is the Korean word for the number 8? \_\_\_\_\_
2. How many movements are there in the pattern Chon-Ji? \_\_\_\_\_
3. Write L-stance in Korean: \_\_\_\_\_
4. Practise all your white belt and yellow stripe theory. You will need it for your grading!

### Taekwon-Do Behavior - Healthy Living

HEALTHY LIVING is learning to look after our bodies.  
This means:

1. Eating healthy food
2. Getting enough sleep
3. Keeping yourself clean

Why do we need to eat lots of different vegetables?

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When should we wash our hands?

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Why is it important to get enough sleep?

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# HEALTHY LIVING

## Home tasks

1. Talk with Mum or Dad about what you can do to be healthier, like get more sleep, eat more vegetables, brushing teeth twice a day or something else. Write down what you came up with:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2. Pick one of your ideas and for one week you need a grown-up at home to give you a mark out of 10 every day for how well you have worked on being healthier. 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
_____	_____	_____	_____	_____	_____	_____
10	10	10	10	10	10	10

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

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_