



SHARE THE WEALTH

MARTIAL ARTS

Martial Art stretches and exercises

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Tae Kwon Do is a Korean martial art that dates back thousands of years and over time, several systems of Tae Kwon Do have evolved. We teach the Chang Han system of Tae Kwon Do, which consists of twenty-four forms that are based on the twenty-four hours of the day.

The purpose of this session is to introduce

martial art stretches and exercises, practical applications of self-defense. The session will be active participation. We will focus on warm-ups, stretching, stances, punching, kicking, basic form, self-defense one steps, board breaking.

Warm up - Jumping Jacks

Stretching- hold leg in the air by angle and press on knee, then bend leg pulling to your body (3x each side) , bend forward to touch your toes.

Stances:

Front stance:

1. feet shoulder width apart and facing forward
2. Front leg bent 70% of weight on front leg, 30% on back leg.
3. Back leg locked straight.
4. Head up, and shoulder straight ahead.

Middle Stance:

1. Begin with feet spread apart about two shoulder widths.
2. Feet point straight ahead, parallel to each other..
3. Knees are bent, back and shoulder straight.

Back Stance:

1. Feet are at right angles to each other shoulder width apart.
2. Shift weight back, 70% on back leg, 30% on front leg.
3. Body is upright, front of body faces the side, not the front.

Fighting Stance:

1. Place one foot in the front of the other and bend knees slightly.
 2. Body faces the side slightly turn to the front.
 3. Shift weight to front leg, 55% front leg and 45% back leg.
4. Feet should be slightly pigeon-toed, stay light on feet. Keep back foot cocked and ready to kick.
 5. Keep back foot cocked and ready to kick.
6. Keep hands raised in guard position, lead hand out in front, rear hand closer to chin ready to strike.
 7. This stance is used in all sparring techniques.
8. Students must learn how to bounce, move and stay fluid in stance.

Front Snap Kick:

1. Start from fighting stance
2. Chamber knee up and point at target
3. Extend leg out straight at target, kick with force
 4. Re-chamber leg
 5. Return to fighting stance

Front Snap Kick Target Areas:

1. Knee

2. Groin

3. Solar Plexus

4. Throat

5. Face

Round - House Kick

- 1. Chamber leg up, point knee at target**
- 2. Keep the knee up while you turn and pivot on the supporting foot.**
- 3. Snap the kick out with the extended foot.**
- 4. Re-chamber the leg with the knee up.**
- 5. Return leg to the ground.**

The round house kick is the most commonly used kick in Tae Kwon Do. Target Areas for the round house kick:

- 1. Knee**
- 2. Groin**
- 3. Hip**
- 4. Ribs**
- 5. Head**

Push Kick:

- 1. Lift front knee, fully bent as high as possible.**
- 2. Extend the leg to hit the target.**
- 3. Allow the supporting foot to pivot on its ball as you rotate your hips into the kick.**
- 4. Re-chamber the kick and set the foot down in front.**

Target Area for Push Kick

- 1. Knee**
- 2. Groin**
- 3. Stomach**
- 4. Solar Plexus**
- 5. Throat**
- 6. Face**

Side Kick:

- 1. Start from fighting stance.**
- 2. Chamber leg, point bottom of foot at target.**
- 3. Extend leg out to target.**
- 4. Strike target with the heel.**
- 5. Re-chamber leg, return leg to ground**

Target Areas for Side Kick:

- 1. Knee**
- 2. Groin**
- 3. Solar Plexus**
- 4. Throat**
- 5. Face**

Axe Kick

- 1. Lift kicking leg straight up, with the knee straight, as high as possible, preferable over the head.**
- 2. Snap the kick down with force at the head level.**
- 3. Lean forward, not backward on kick.**
- 4. Do not let the leg hit the ground hard, bend knee on way down.**

Target Areas for Axe Kick:

- 1. Top of head**
- 2. Face**
- 3. Shoulder or collar bone.**

Vocabulary

Counting

Ha Na - One

Dool - Two

Set - Three

Net - Four

Da Sut - Five

Yoe Sut - Six

Ill Gop - Seven

Yoe Dul - Eight

Ah Halp - Nine

Yoel - Ten