

Chapter 8: Fun Class Activities

1. Basics Relay Races (1 basic form all the way down another on the way back)
2. Balance Relay Races (hoping down on 1 foot and hop back on other)
3. Kicking Relay Races (1 kick all the way down another kick all the back)
4. Stance Relay Races (1 stance down and another back)
5. Tournament Night (have school compete against each other)
6. Obstacle course
7. Chicken Fighting
8. Reverse One Steps (left to right or from front foot to back foot)
9. Doing basics backward
10. Doing Forms Blind-folded
11. 4 Direction Kicking
12. Balance with multiple kicks w/o foot touching the floor
13. Everyone judge other Forms
14. Hands only versus Feet only Sparring (then switch)
15. Kicking Challenge (face each other then 5 each L&R, F&R)
16. Long Distance Sparring – must imitate opponents moves (then switch)
17. Make teams to design their own form (give it a name and describe the moves)
18. Recite themes of Tang Soo Do
19. Use breakable board or cardboard targets
20. Hitting and Kicking contests (hardest, highest, quickest, most difficult, most effective, best combination, etc)