

GRANDMASTER HOWARD'S TAEKWON-DO SCHOOL
Presents

Cabra Fun Challenge 2016

Sunday 20th March 2015

St Joseph's Hall, Navan Rd

Tigers: 10-12.30pm, Dragons: 1pm-3.30pm



**Special events for boys and girls of the Taekwon-Do
Tigers & Dragons**

All Spectators Welcome

www.grandmasterhoward.com

Home Practice for Fun Challenge for the Tiger Class

This is a special class to prepare your child for real tournaments in the future. It is a fun event and is designed to encourage your child to practice their Taekwon-Do at home. It will be held in the **St Joseph's Hall, Navan Rd.**

Events

- 4-step Block (see back of page)
- Stretching routine –15 seconds to impress the judges with your flexibility.
- Flying side kick – Jump over a hurdle to kick the pad.
- Team sparring

Safety Equipment

All children will be sparring and will need to bring their **gums shields**. Boys will need their **groin guards**.

Your child will be put on a team for the team sparring. If they **can't attend please text** me to let me know so I can rearrange the team

Looking forward to seeing you there.

Thanks

Instructor
Senior Master Robert Howard
087-6987624

Cost: €5- to cover the cost of the hall and the medals.

Application Form- please return to Senior Master Howard by **Friday 4th March**

Child's Name: _____ ; Age _____

Belt: _____ Please circle your child's class: Tigers or Dragons

My child can attend the fun challenge and I enclose €5 for this special class.

Parent's signature: _____

4 STEP BLOCK

Ready: Walking stance, right leg back, both arms down by sides

Moving forward

- 1) Step forward: Right Walking stance Right middle forearm block (*normal speed*)
- 2) Step forward: Left Walking stance Left middle forearm block (*normal speed*)
- 3) Step forward: Right Walking stance Right middle forearm block (*slow speed*)
- 4) Step forward: Left Walking stance Left middle forearm block (*normal speed*),
On the spot: Right middle punch (*fast speed*)

Moving backwards (move the right leg back)

- 1) Step back: Right Walking stance Right middle forearm block (*normal speed*)
- 2) Step back: Left Walking stance Left middle forearm block (*normal speed*)
- 3) Step back: Right Walking stance Right middle forearm block (*slow speed*)
- 4) Step back: Left Walking stance Left middle forearm block (*normal speed*),
on the spot: Right middle punch (*fast speed*)

End: Move Right leg forward in to parallel stance

Try your best to

- 1) When you make a fist have your thumb on top of your two fingers (pointing and index fingers)
- 2) when you make an 'X' with your arms, put your blocking hand underneath