



**TRANSFORM YOUR  
TAEKWONDO CLASSES  
TODAY!**





# 10 Engaging Taekwondo Games for Kids

*Step-by-Step Instructions for Easy Implementation*

## **1. Belt Snatch**

Description: A high-energy game to develop speed, agility, and reaction time.

Setup: Each student tucks a colored belt behind their waist.

Instructions:

1. Split the class into two teams.
2. On your signal, students must try to snatch belts from the opposite team using controlled movements.
3. Students who lose their belt must sit out.
4. The team with the most belts after 2 minutes wins.

## **2. Martial Arts Simon Says**

Description: A twist on the classic game to reinforce Taekwondo techniques.

Setup: No additional equipment needed.

Instructions:

1. The instructor calls out commands like "Simon says, front kick!"
2. Students perform the move only if the command starts with "Simon says."
3. If a student performs the move without "Simon says," they're out.
4. Last student remaining wins.

## **3. Kick the Target Relay**

Description: Improves kicking speed and accuracy.

Setup: Line up kick targets and create two teams.

Instructions:

1. Each student runs up, performs a front kick, and returns to the line.
2. Next student repeats the process.
3. First team to finish wins.

## **5. Mirror Kicks**

Description: Enhances focus and coordination.

Setup: Pair students to face each other.

Instructions:

1. One student is the "leader" and performs a series of kicks.
2. The partner must mirror each move exactly.
3. Switch roles every 2 minutes.

## **6. Poomsae Puzzle**

Description: Teaches form sequences in a fun way.

Setup: Write individual movements on flashcards.

Instructions:

1. Shuffle the cards and hand them out.
2. Students must arrange them in the correct order to form a complete poomsae.
3. Time the activity and see who finishes first.

## **7. Dodge the Block**

Description: Develops speed and reflexes.

Setup: Use foam blocks or pads.

Instructions:

1. Instructors gently throw foam pads at the students.
2. Students must dodge without stepping out of their stance.
3. Last student standing wins.

## **8. Animal Stances**

Description: Teaches balance and fun animal-themed stances.

Setup: No equipment needed. Instructions: 1. Instructors call out different animal names (e.g., "Bear Stance" or "Crane Stance"). 2. Students must quickly get into the corresponding stance. 3. If they get it wrong, they do a fun penalty (e.g., 5 jumping jacks).

## **9. Jump the River**

Description: Teaches jump kicks and agility. Setup: Use two belts to create a "river." Instructions: 1. Students line up and must jump over the "river" using a jump kick. 2. After each round, widen the river. 3. Students who land in the river are out.

## **10. Shadow Sparring**

Description: Builds sparring skills and creativity.

Setup: No equipment needed.

Instructions:

1. Students face an imaginary opponent and perform their best sparring moves.
2. Encourage creativity and fluid movements.
3. Select a few students to demonstrate to the class.