

MALAYSIA

ITF



**Way To Attract Student To Join Taekwon-Do
And
Lesson Plan Of Conducting Taekwon-Do
Class for New Young Student**

Thesis for 4th Degree Black Belt Upgrading Test
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Presented 2022

To Attract New Member To Join Taekwon-Do

- Way : 1. Demonstration
2. Flyers
3. Social Media

1. Demonstration

a. Definition

- Demonstration is the method of teaching by exhibition and explanation or experiments.
- Demonstration can increase interest of students and persuade them to join Taekwon-Do.

b. Method

- Gather existing member under school Club Taekwon-Do for the demo
- Define the purpose of the demonstration to them
- Prepare a detailed demonstration plan
- Provide content description and maintain it throughout the demo

c. Demonstration plan and flow

i. Music background	Prepare a 5-10minutes music for the demonstration flow
ii. Pattern Performance	Group present one or two patterns eg. Chong-ji tul , or present a design mixed pattern 
iii. Hand and Leg techniques	Group present basic skills Sitting stance triple punch L-stance forearm block with front raising kick , turning kick , back kick ,side kick 

	
<p>iv. One step sparring performance</p>	<p>Divide in pair Present one step sparring with 4 sets ,one person attack with hand and leg technique(punch or strike, front step kick and turning kick) the other person using self defense technique to defend the attack.</p> 
<p>v. Power breaking</p>	<p>3 person present</p> <ol style="list-style-type: none"> 1. hand technique power breaking – 3 planks – punch, elbow and knife hand strike  <ol style="list-style-type: none"> 2. Leg technique – 3 planks – turning kick , 360 degeree turning kick amd downward kick 

	<p>3. Special technique -fying side kick</p> 
vi. Pattern	Performed last pattern as ending demo

d. Proceed before demo

- i. To make sure at least 10 to 15 times practices before the real demonstration
- ii. Warming up exercises required before practice
- iii. Rehearsal before the demonstration day to avoid mistake

2. Flyers

- a. Flyer usually a single , unfolded printed sheet that used to draw attention an event or service . Flyer usually contains a very simple message that can be conveyed quickly.
- b. Some attractive word can be used on flyer to make more interest such as “Free Trial Class”, “Free Registration”. Action photo and Instructor simple background could be added to attract member.



TAEKWON-DO

NEW INTAKE !!!
Pengambilan Pelajar Baru !!

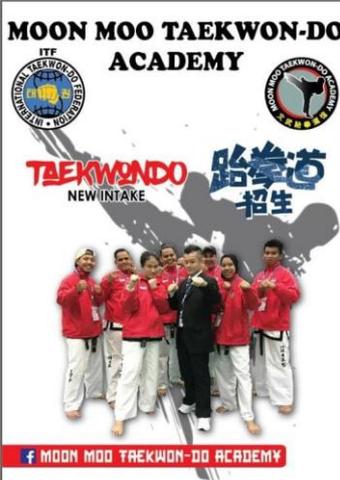
SEK. KEB.
BATU BERENDAM

SABTU 18 JUN 2022
Waktu latihan : 10:30pg – 11:45pg

Yuran Bulanan RM35

MAXX LAU 016-6161826 ITF Black Belt 6th Dan
ELSIE LIM 016-6366603 ITF Black Belt 3rd Dan

NAMA : _____
KELAS : _____
NO. TEL : _____



MOON MOO TAEKWON-DO ACADEMY

NEW INTAKE

TAEKWONDO 跆拳道 招生

f MOON MOO TAEKWON-DO ACADEMY



KELAB TAEKWON-DO
SMK MUNSHI ABDULLAH

PERCUBAAN KLAS PERCUMA

Perjumpaan dan training pertama

27 JULAI 2022
RABU
4:30ptg – 6:00ptg

JURULATH
Mr. Maxx Lau
- 6th Dan International black belt
- berpengalaman 25 tahun dalam bidang mengajar Taekwon-do
- pernah diumpul oleh negara China sebagai penceramah Technical Seminar Course
- pernah mewakili negara dalam pelbagai pertandingan antarabangsa / international / nasional

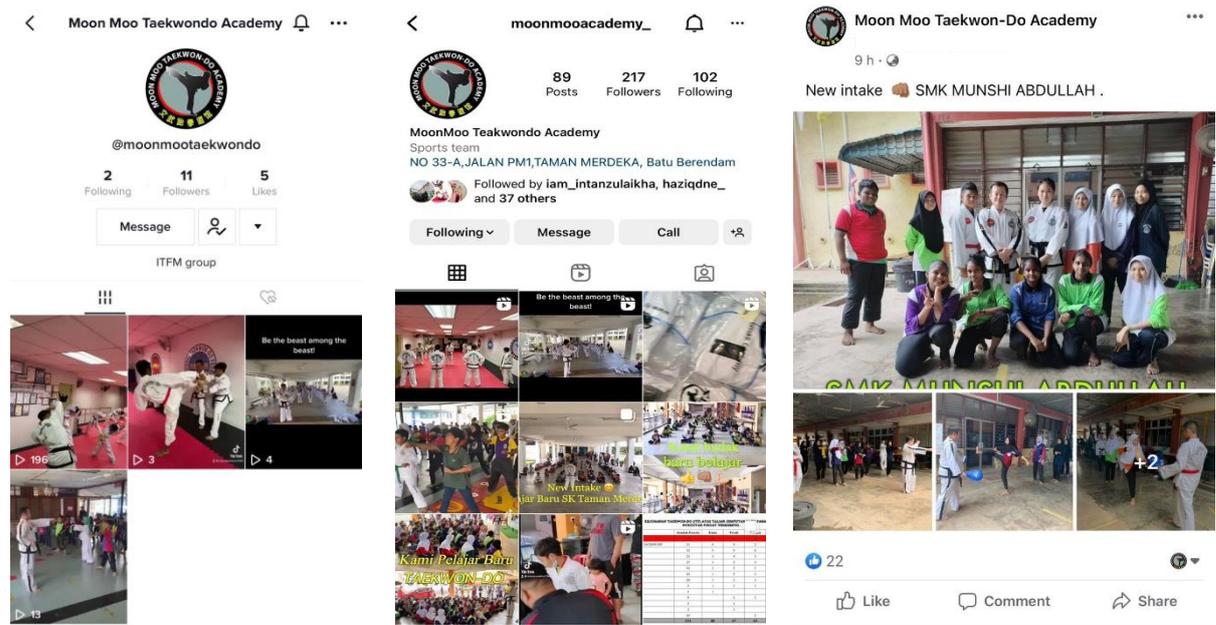
016-616 1826 / 016-636 6603

MOON MOO TAEKWON-DO ACADEMY

Sample of flyer

3. Social Media

- The modern technologies have become more advanced , media social is a great way of communication and could easily share out any news, activites or event .
- Media social Apps such as Youtube , Facebook , Instagram , Telegram , Tiktok and more as a source for broadcast and advertise Taekwon-Do.
- With the way of creating a video clip related to Taekwon-Do , taking action photo, then upload and share to the various media social apps which now are more influential to attract people to know more about Taekwon-Do martial arts.



Lesson Plan Of Conducting Taekwon-Do Class for New Young Student

Teaching Taekwon-Do skills to new learners especially for young students are essential at every step on the way, from creating lesson plans and instructing learners to develop athletic abilities and self-defense.

Lesson Plan

Age : 5-7 years old

Period : 1 month (4 times in a month)

Time : 90 minutes per lesson

Number of students : 15

Objectives :

1. Students will be able to do basic hand and leg techniques.
2. Students will be able to do walking stance.
3. Students will be motivated to stay longer to learn Taekwon-Do

Lessons 1 :

Time	Activity	Procedure
10 mins	Greetings	<ul style="list-style-type: none"> • The students will greet the instructors. • Taking attendance • Assign queue by following the height and body size • Simple explanation of Taekwondo <ol style="list-style-type: none"> i. Be punctual and disciplined ii. Rules
15mins	Warming up	<p>a. Neck tilt exercise</p> <ul style="list-style-type: none"> - by counting number 1 to 8 - 1 face up , 2 center , 3 face down , 4 center , 5 face to left , 6 center , 7 face to right , 8 back to center . - Repeat 5 to 8 times <div style="text-align: center;">  </div>

- b. Torso rotations
- Rotate the main part of body



- c. Chest expansions



- d. Arm rotations



- e. Hops on the spot



- f. Side-to-side hops



By repeating the warm up for 10times each

		<ul style="list-style-type: none"> • Warming up is important to help reduce the risk of injury and arches and pains that come with exercise.
25 mins	Basic Training	<p>First lesson</p> <p>a. Hand technique – single Punch</p> <ul style="list-style-type: none"> - Teach the new learners how to make a fist <div data-bbox="922 510 1299 808" data-label="Image"> </div> <ul style="list-style-type: none"> - Teach the new students how to throw the punch with standing normal first <div data-bbox="938 904 1198 1205" data-label="Image"> </div> <ul style="list-style-type: none"> - teach the punching first to let the new students feel freshness instead of teaching stance. <p>b. Kihap (yell)</p> <ul style="list-style-type: none"> - Teach new students to Kihap (yell) to let them know how to focus on their abdomen , to tightening their core muscles in order to prevent damage to the stomach. - Teach them to forcibly push out their breath also. The force of breath should originate not in the throat , but in the diaphragm. <p>c. Sitting stance</p> <ul style="list-style-type: none"> - Be make sure them back straight and shoulder back to ensure their body weight is distributed evenly on both hips. - 90-degree angle knees bending , feet flat on the floor

		 <ul style="list-style-type: none"> - Sitting stance middle punch with kihap - Double punch, first punch with breathing sound then follow by kihap on the second punch - Be make sure their knees bend down and knees straight while changing hand punch 
15 mins	Games / Kicking target paddle	<p>Young students get bored much easily than adults do. It important to keep the coursework constantly changing every 10 minutes or so, and these will let the young student's attention better.</p> <p>Therefore beside keep on practicing , games can make young students feel refresh and they will find out interesting .</p> <ul style="list-style-type: none"> - Train their reaction and response with the kicking paddle - By listening the instruction , snatch away the paddle first will be the winner 



The one who failed to get the paddle will be fine by doing some exercises like push up 10 times , or deep squat etc.

Beside games, kicking target bag or kicking paddle can let the new students stay fresh and motivated.

- Do a simple turning kick target on the kicking paddle



15 mins

Revision on basic

Keep on practise the basic after the games to let them recall back.

10 mins	Cooling down exercise and Dismiss	<p>Cooling down exercise to allow the body to gradually transition to a resting or near-resting state.</p> <ul style="list-style-type: none"> - Seated forward bend - Seated body stretch  <ul style="list-style-type: none"> • Before the class dismiss , simple briefing for students such as talk about what they had learned from today lesson , things to prepare for the coming lessons ,and sharing out their feeling after the lessons.
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Lessons Plan 2 / 3 / 4

For lesson 2 to 4 are about the same on warming exercise and others procedure

Time	Activity	Procedure
25 mins	Basic training	<p>Lessons 2</p> <p>a. Walking stance</p> <ul style="list-style-type: none"> - Teaching the students how to do a proper walking stance - Step by step teaching - Hand on the waist ready to walk forward 

- Heel lift up and ready before walking forward



- Walk step by step with ready and move toward , same as moving backward



- b. Walking stance front rising kick
- Walking stance both hands ready on side
 - Raise their foot up forward high
 - After kick make sure they in ready position (hand cross ready up) before back to the walking stance position
 - By counting number so that young students can easily follow
 - 1 raise kick , 2 ready, 3 hand block on side back to walking stance position
 - Breathing control and Kihap while doing the step/movement



Lesson 3 plan

Time	Activity	Procedure
25mins	Basic training	<p>i. Sitting stance middle punch</p> <ul style="list-style-type: none"> - Keep on practising sitting stance punch - Breathing sound control and Kihap <p>ii. Learning hand technique</p> <ul style="list-style-type: none"> - Ready hand - Forearm low block - Forearm raising block - By counting number One-lower block right hand , Two-lower block left hand , Three-raising block right hand , Four- raising block left hand. <div style="text-align: center;">  </div> <p>-repeating these steps by 10 times in circle</p> <p>iii. Walking stance with forearm lower block and forearm rising block</p> <ul style="list-style-type: none"> - Revision on how to do walking stance first - Combined walking stance with lower arm block and raising block

		<ul style="list-style-type: none"> - By leading them 'up' and 'ready' and 'block', steps by steps doing walking stance block - Repeating 5times moving forward and 5times backward
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Lesson 4 plan

Time	Activity	Procedure
25mins	Basic training	<p>i. Practice Sitting Stance Middle Punch</p> <ul style="list-style-type: none"> - May add up to triple punch this lessons - Force the students to punch power and shout out louder to motivate them <p>ii. Front raising kick and front kick</p> <ul style="list-style-type: none"> - Practice them front rising kick and front step kick in lesson 4 - Differentiate the front rising kick and front kick to them - Raising kick with leg raise up and kick - Front kick with bending knees before kick <div style="text-align: center;">   </div>

		<p>iii. Practice Walking Stance</p> <ul style="list-style-type: none">- Revision on how to do walking stance from last lessons and continue by doing forearm lower block and rasing block in walking stance
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