

## Objective

The objective of this lesson is to introduce the student to basic taekwondo techniques and improve their physical fitness.

## Materials and Prep

- Comfortable workout clothes
- A clear and open space
- Water bottle for hydration
- No prior knowledge of taekwondo required

## Activities

1. Warm-up: Start with a 5-minute jog in place to get the heart rate up and warm up the muscles.
2. Stretching: Perform a series of dynamic stretches to improve flexibility. Include leg swings, arm circles, and torso twists.
3. Basic Stances: Teach and practice the fundamental taekwondo stances, such as the front stance, back stance, and horse riding stance.
4. Punching and Kicking Drills: Demonstrate and practice basic punches and kicks, such as the jab, cross, front kick, and roundhouse kick. Focus on proper technique and form.
5. Combination Exercises: Combine punches and kicks into simple combinations, such as jab-cross-front kick or roundhouse kick-cross-jab. Repeat these combinations to improve coordination and fluidity.
6. Cool-down: Finish the lesson with a 5-minute cool-down, including light jogging or walking and static stretching exercises to relax the muscles.

## Talking Points

- "Taekwondo is a Korean martial art that focuses on self-defense and personal development."
- "Stances are important in taekwondo as they provide a solid foundation for balance and power."
- "Proper technique is crucial in punches and kicks to maximize effectiveness and minimize the risk of injury."
- "Combining different techniques into combinations allows for more dynamic and effective self-defense."
- "Remember to always warm up and cool down to prevent injuries and aid in muscle recovery."