

# Ways of Making Training More Interesting



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# Introduction

I've been lucky since I started training in Tae kwon Do. I've had a variety of different Instructors who taught the same techniques but in different ways.

As a co Instructor with my wife, for only 4 years I sometimes find it hard to come up with new and different ways of training that will challenge and push the students to want more.

This Thesis is based on Ideas of making training more fun and interesting. Ideas that I've learnt over the years from training at different clubs, going to camps and watching others train.

## Warm Up

Jogging around the hall.

Forwards and backwards, side skipping.

Facing into the center, facing out.

Crossing the legs over, facing in and out.

Numbers. While running around Instructor calls a number eg. 5 quick as you can get into that group. People left over doing the designated exercise push ups, sit ups etc.

Still jogging bunch up a bit closer. Person at the back of the line sprints to the front of the line, next person until the person at the front is back there again.

Make a Circle and number off 1 & 2. Everyone jogging. Call out 1 or 2 all that number run clockwise or anti clockwise around and back to their spot. Or put a pad in the center. First person to touch it. This time zig zag around each person and back to your spot.

Still in a circle partner up 1's stand in front of 2's. Start from piggy back position. Drop down and run around back to your partner and leap up. Start the same this time when you get to your partner leap frog over them and under their legs and jump back on them. Maybe a No of times 1,2,3,4, ???

Piggy Back Start run around the circle leap over, under this time partner does 5-10 squats with you on their back. Variation –squats with a kick.

Everyone sitting down in a circle. Feet apart as wide as possible touching toes with the person either side of you. First person jumps up and sprints around stepping over the legs with a high knee action . 2<sup>nd</sup> person goes once the 1<sup>st</sup> person has cleared 2 or 3 people and try's to catch them. Note - people with legs apart lean back slightly. Variation – Feet together jumping over the legs while twisting like your skiing.

Everyone crouching on all 4's. 1<sup>st</sup> person jumps all the way around. 2<sup>nd</sup> person follows after they have cleared 2 people. This time over and under each person.

Whole class jogging up and down the Do Jang, then add sprints- back to jogging- sprints again add in different techniques eg Hopping, Kicking out in front, side skipping etc.

## **Relays**

Move up in your lines, turn around ready for relay races.

Sprints there and back. Sprint to the end and do the designated exercise sprint back.

Shuttle Runs.

Monkey Walk forwards and backwards.

Seal Walk- lying on the floor using only your arms to pull yourself along.

Crab Walk – forwards and backwards.

Hopping up right leg – left leg on the way back.

Duck Walk – forwards and backwards.

Squat position leap forwards and backwards.

Doing techniques down the hall and back. Start with stances. Then move to hand & foot techniques.

## **Relays –**

Partner –link arms back to back roughly the same size.

Side skip down to the end and back

Side skip down to the end and back do 10 squats

Side skip down to the end and back do squats with a front kick.

Sprint down – Look up and spin around as quick as you can 10 times and try and run back in a straight line.

Using cones or pads spaced out evenly. Zig zag in and out.

Cartwheels there and back.

Using bench seats in relay form. Running up to the first one crawl under. Run to the second one and crawl under till you reach the end of the hall and return. Repeating the exercise.

Variation-running up to first bench, step up on to and jump over the back. Run to next one and repeat. On return crawl under.

Variation-running up and jumping over each one and return.

## **Star Jumps**

Normal Speed

Fast

Crossing the feet over

Both arms forward then both arms to the side

One arm forward and other arm to the side

Walking Stances

## **Bench Work**

Step Ups as fast as you can.

2 feet together jump up, 2 feet together jumping over and back. Feet aside the bench jumping up onto the bench, jumping up clapping the feet together.

Push Ups on the bench facing partners- head down level with bench- feet up on bench push ups.

Bench Balance – Standing on the bench doing slow motion kicks.

# Games

How to play -

Soccer – goalie not allowed to use their hands.

Large numbers use 2 soccer balls.

Variation : sitting down.

## **Tug Of War**

You will both need a spare belt between the two. Both sitting down tie the spare belt on to your belt. Try and pull your partner towards your side of the dojang.

Variation : Facing away from each other in guarding stance do combination punches towards your side of the Dojang.

Variation: Facing away from each other do kicking only. You can only move by doing a kick.

## **Robbing The Nest**

Divide into 4 even groups and number 1 to 5. Make a square and put a focus pads in the middle. 1 group in each corner. Call out numbers , they have to run to the center grab a pad and return it to their corner. Once the pads have run out then you can take them from the other teams corners. Numbers called out are changing all the time eg. 1's then 4's 3's 2, 4 1's etc.

If you are running with the pad and another number is called you have to drop it where you are. The corner with the designated number of pads is the winner.

## **Groups of 3**

2 people have to link arms and try to prevent the 3<sup>rd</sup> person from tagging the designated persons shoulder. Change around after a minute or so.

## **Toffee**

The aim of the game is to stick together. Whole club sitting down. 10 seconds to link arms and legs together. Nominate 2 or 3 people as tooth picks. Once 10 seconds is up they try and remove each person who once removed helps them to separate individuals. Until only 2 remain.

## **Octopus**

One person in the middle of the hall. Everyone else down one end. Try to run to the other end without being tagged. Once tagged you stay where you are. They try and tag people running passed without moving their feet until only 1 is left.

## **Stiff Candle**

Depending on size of class nominate x amount of people as taggers. The remainder of the students run around trying to avoid the taggers. Once tagged they stand with their legs wide apart. Others that haven't been tagged yet can set them free by going under the legs. Once all runners are tagged change the taggers.

Variation the tagger uses kicks instead and runners use kicks to release the tagged.

### **Dead Ant**

Similar to stiff candle. Nominate taggers and the rest are runners. Once you are tagged you lie on your back, arms and legs waving around like a dying ant. To release you the runner grabs a leg or arm and spins you 360 degrees.

### **The Knot Game**

Group of say 15 students move in close to each other, put both arms straight up reach across and grab one person's hand. Once everyone has one hand held. Grab someone else's hand once everyone has both hands held nominate 2 people to let one hand go. Then the fun begins. Try and untangle the group without letting go of anyone's hand until you are in a straight line.

(Variation) 2 groups start at the same time. Winner is the first one to finish without breaking the link.

### **KO**

2 Even Teams. Team 1 makes a line down the center of the hall arms out stretched to the side to get distance for the gap between each other. Every second person faces the other way. To start nominate one person as the chaser. The chaser is not allowed to run through the line or tag through the line, but they can tag the students facing the side the runner is on.

Team 2 is spread out on the side line nominate one person to start. Once tagged the next person in the line goes. The chasing Team try and tag the runners as quickly as possible. Once all the runners are tagged change teams and note the time. After the second team has gone compare the times. The team with the quickest time to tag the other team wins.

### **Sumo**

Form a circle two competitors facing each other. Sumo stance on go try and force your opponent out of the circle or lift them off the ground or do a take down. Ring size about 15 feet in diameter. Try and match similar sizes.

### **A variation of Simon Say's**

Instructor calls Tae Kwon Do techniques in English or Korean.

### **Sticky Hands**

Face your partner about arms length apart. Once in your stance neither you nor your partner are allowed to move your feet. Put your wrist together so that right touches left and left touches right. The aim is to gently slap your partner's face without breaking wrist contact. Move with the flow and no moving the feet.

### **The Singles Game**

The aim of this game is to get the whole class moving in random directions within a confined space without touching anybody else. Start at walking pace and increase the pace until everyone is running. If you touch somebody else you must link arms with them and become joined. The last person to stay single wins.

# Team Building

Make 2 lines facing each other. Cross your arms over and link hands with the opposite line. Both sides lean slightly back.

Person runs and jumps up on the hands face down, arms straight and legs together. The two lines work together throwing the person up until they reach the end. Have two catchers ready to help them off.

1 Line- holding persons belt in front of you- blind fold everyone except front person leading you. Follow the person leading you over, under and through obstacles.

Two lines facing each other, cross arms over and link hands with the opposite line. Person falling off stage, piano etc backwards. Keeps arms tucked to their sides, legs together and falls straight back.

2 Lines lying on their backs on the floor, shoulder to shoulder. Arms straight up person lays on their back trying to keep arms to their sides and legs together. And is passed along to the end. They in turn join the lying down line and the next person goes.

Push Ups in a circle- feet up on person behind you's shoulders. All do the exercise together.

Sit Ups – 2 lines facing each other. Lock feet together and arms with the person either side of you. Do the sit ups together, hold it ½ way try and outlast the other side.

Variation

The same time without linking the feet.

Lifting both the legs off and shoulders up.

## Team Relays

The whole line runs together- holding the belt of the person in front of you.

Team picking up 1 team member carry them until everyone has been carried to the end and back.

Pick Up Relay – First person runs to the end and back around your team 2<sup>nd</sup> person follows along until the whole team has been picked up. Then the first person drops off at the start.

Space the line out. Back person runs to the front of the hall. Zig Zags their way back to the back of the hall and tags the next person in the line.

2. Back person runs to the front crawls under the legs to the back. Tag the next person.

3. Back person leap frogs over people in front runs to the back tags the next person.

# Sparring

## *Variations*

Piggy back partner – person on the back does the techniques.

Hands only, legs only, Combine them.

Jumping kicks.

In the Dark

Everyone onto each other. Decrease ring size each time.

One person takes their belt off. Both people grab one end each. Variation 3<sup>rd</sup> person grabs the belt in the middle.

Sparring from squatting position.

One person attacks one defends

Two onto one. Two onto Two. Two onto three.

Tuck your hands behind your back into your belt.

All techniques below the belt.

First to score to 3 points.

Kneeling down.

Sparring using front leg only / back leg, left hand , left leg, right hand right leg

Black Belts or Seniors- back to back in the center of the hall. Rest of the students run in from the sides and attack trying to get the black belts out from the center.

Shadow sparring-make up what you want

Tag Team Sparring

# Speed Work

Partner up one holding a pad. Instructor drops pad, person kicking try's to hit target before the pad meets the ground. Instructor shortens the distance of the drop to make it harder.

Variation Instructor drops the pad. One person holds two pads out in front of them Club votes who is the quickest to kick the pad. Winner goes to the next round until you end up with the overall winner

Partner up – one holding 2 focus pads behind their back. Both start in sparring stance. Pad holder moves around putting either pad out to be hit. Start slow and increase speed as you go.

# Partner Work

Find a partner of similar size.

Leap frog over partner and under legs. Face other way and other partner jumps over and under.

Wheel barrow race

Piggy back race.

Fireman's lift.

Chasing partner- try and keep in touch with partner. Once Instructor calls stop Granny steps to your partner. How many steps you take is the amount of designated exercises you do (ie) push ups, sit ups or star jumps.

Push Up position- facing your partner try to knock each others hands out.

Sit Ups- One person sit up position other person holds them around the calf muscles, as partner does the sit up and stands up their partner helps make the exercise harder by moving the supporting hands down to the heels.

Facing partner, both moving around trying to tag the other ones knees, shoulders and combination of both with the open palm.

Facing partner one person has their arms out straight in front. Shoulder width apart. Other person holds a front kick position and does a figure 8 with their leg. Try not to let the leg drop down and use small movements. Variation – this time side kick position move the leg side to side just touching the hands with the ball of the foot and the back heel. Note that there and back is counted a one.

Variation. This time partner holds their hands one above the other with a gap. Partner holds side kick position moving it up and down between the hands slowly. Note try and keep the kicks straight and maintain good posture.

Hands and leg drill. One person calling the techniques by using hand signals. Other person hitting the target. Start off slowly then increase speed .

Different Signals:

2 hands out in front of face –double punch

2 hands out and palms facing down – upward punches

Swinging the left or right arm – bobbing and weaving.

Tapping the thigh inside and outside –low turning kicks.

Tapping the ribs –middle turning kicks

Tap the head –high turning kicks –using your palm as the target.

Tap the stomach –middle kicks – front, side, back

Arm out to the side with palm upwards – downward, pick shape kicks.

Arm out straight in front – spinning kicks- reverse turning.

Other signals can be used.

Facing partner in sparring stance. Start with kick for kick. Then 2 for 2 kicks and so on. Start slowly and increase speed as you go.

# Conditioning

Smaller kids punching and kicking the adults as hard as they like while in sitting stance.

Lying down in a line shoulder to shoulder on your backs. Get heaviest person to walk across your stomachs. Smaller kids to jump up and down.

Push Ups on your knuckles on rough sandpaper.

Punches and strikes into a bucket of stones.

Sitting against the wall. Thighs 90 degrees to the floor. Holding it for x amount of time or asking theory questions.

Basic Kicks – Slow motion and holding the position. Variation – with a partner.

Push ups and sit ups Holding the position while asking theory questions.

Face partner – one person takes the belt off and put it around the others waist, they try and run away while you resist.

Groups of 4 – 2 holding pads at either end of the hall in opposite hand. Other 2 are back to back in the center of the hall. They run in opposite direction to the pad holder, do the technique then run to the opposite pad. Try and beat your partner back to the center. Vary techniques and amount of times you hit the pad.

## Stomach Exercises

Sit Ups ,normal speed, slow, fast

Hands out straight touch top of the knees.

Hands on shoulders touch elbows to knees.

Hands folded behind head lift no more than 45 degrees.

Arms straight out to the side.

Arms straight out behind your head.

Sit up 45 degrees hitting stomach as hard as you like.

Sit up at apex and do a double punch.

Locking feet together with a partner and sit up together.

Group of 3. Two holding the legs while one does the sit ups off the edge of a stage, water tower etc

Variation : one person lying on your stomach over hanging from their waist, bend down 90 degrees lift the body up as high as possible, while partners are holding your legs down.

Sit Up position, legs 90 degrees lifting hands to touch toes. Variation : Lifting legs and backside slightly off the floor. Variation: Legs 90 degrees and alternating legs in scissor action.

Variation : Both legs out straight and alternating legs in a bicycle motion..

If you have wooden ladders on the wall hanging by your arms, lift your knees up as high as possible. Variation: Lifting legs up to 45 degrees and down slowly.

Lying on your back and place hands under your backside. Lift legs up, down, apart, ½ way down, hold etc.

# Push Ups

Fingers start with 5, take one away each time. Try just thumbs at the end

Front 2 knuckles only. Back 2 knuckles only.

Pushing up lifting arms up off the ground

Pushing up lifting arms and legs off the ground

Pushing up lifting arm up off the ground bringing fists together before landing

Pushing up lifting arms up off the ground and punching forward before landing.

Palms- shoulder width wide

Palms- two shoulder widths wide

Variation – turn hands around facing towards your feet. One hand about a shoulder with in front of the other.

Make a triangle with your hands try and place forehead into it.

Hand stand against wall- Push ups – Upside down or with a partner holding your legs.

Push up and down hold.

Push up – hold 2 minutes.

Push up ½ way – hold all the way up hold down ½ way hold.

Using a chair or bench- have legs up on a chair. Hands hold the chair seat push down and hold head under chair seat.

Bow wrists – facing in towards each other

1 push then 1 sit up and so on – quick as possible 10 of each or more.

Push ups in a group. Place your feet on someone's shoulders Push up together.

Knuckle push ups – lift up one leg as you go down. Change leg next time- finally try both legs up.

Tandem Push ups- lie on your back as if doing a sit up but put your hands in a push up position.

Your partner positions their knees or just above on your hands and places their hands on your knee. Now you are both ready to do push ups. Try and move in time with each other.

# Training Sessions

Train outside – on a hill  
Train on a beach.  
Train in a pool.  
Train in the sea.  
Train in the snow.  
Close all windows and doors turn on the heaters all night.  
Train with a different club  
Train with a different martial art.  
Train in the dark.  
Train in casual clothes.  
Blind folded Training  
Training to music  
Outdoor photo shoot  
Training Session on one topic (eg) Self defence or Breaking  
Demonstration – whole club to put on for family and friends.  
Let the colored belts take the class.

# Patterns

In a box.  
Double movements  
One hand behind the back and change over the next time.  
Patterns in a straight line.  
Facing different directions  
Closing the eyes  
Make up your own pattern.  
Slow motion.  
One person doing the pattern and everyone else making noise trying to put them off.  
One person doing the pattern. 3 others attacking on the defensive movements.  
Backwards  
Fast as you can.

# War Games

A reenactment of the warring days between Koguryo, Baek Je – Silla.

3 Teams

Silla – Most Senior Members eg Black & Red belts but with less numbers.

Baek Je – A larger group say all the Blues and Greens.

Koguryo – The largest group but mostly the junior members Yellows and Whites. Depending on Numbers may want to play outside. Each team has 1 flag and a designated area for it. Once whistle goes all 3 teams try and get the other two flags back to their base. To get other teams to join your side you spar them until one of you gets a clean blow then they change to your team. You can have a few protecting the flag but you cannot hide it from the other teams. If history is correct Silla the smallest with the most experienced fighters will win.

## Flying Kicks.

All grades have a go at

-Flying kicks landing on a large thick sponge matt.

-Form a circle doing a flying kick to every second person. Next person to follow once you've gone passed the 3<sup>rd</sup> student.

-Flying kicks – using plastic cups as targets. Placed on hands-focus pads-heads.

-Flying 2-3 direction kicks

Throwing pads up in the air and hitting them

Relay form- 1<sup>st</sup> person runs two steps crouches down next person does a flying kick over them steps crouches down next person goes and so on.

Like Saju Makgi- Flying 4 direction kicks- changing kick once both sides are done.

## Foot Work

Groups of three. Mark out a small circle eg with focus pads. One person is in the middle doing exercises eg 20 sit ups , push ups, star jumps. The other 2 people are on opposite sides on the outside of the circle. One person is side skipping. The third person is doing the opposite. Person 2 can also run across the center of the circle. Person 3 has to run around to where they were. Start off slow then speed up. Once the person doing the exercises has finished change partners.

Partner exercise – One person lying down on their back arms and legs out. Starting position – sparring stance over the right leg. Step forward with the back leg over the right arm then quick change the feet. Next the head, left arm, left leg and back to the start.

Variation – skip forward first then quick change.

Partner – sparring stances both moving around the ring. One mirror imaging the other.

## Stretching

With a partner PNF – Sitting down and against a wall.

Groups of 3 – One lying down on their back legs straight up. Other 2 take a leg each, turn the foot so its facing down and slowly lower the legs down to the floor.

Stretching in a circle facing in.

Change stance and direction.

## Theory

Partner up and take turns asking each other questions.

Instructor asks the questions while students are doing stretching or basics.

Get into your own Grades and take turns asking questions.

Whole class makes a circle. One person starts by asking a question to a person either side of them. They in turn ask the next person until you are back to the first person. Then go the other way.

Split into Groups and have a Trivia Night.

## **Conclusion**

While I think repetition is important, too much makes training boring. Using a variety of ideas, games and drills can be more fun and still enable learning to take place. These are a few ideas that I've learnt over the years. I am always looking for more. Every training I take or attend, I try and learn one new idea.

## **Acknowledgements**

My wife Lena Walton who has had to decipher my spidery writing