

Kids beginners

Ages 6–9

45 minutes

One new kick, one review

Rotate every 5–7 minutes

Objective 1 (new): Front kick with a chamber.

Objective 2 (review): Low block.

EQUIPMENT

Kick shields (one per pair), 4 cones. Stripes or stickers for the close.

WHY THE CALL-OUT DRILL MATTERS

The holder shouting “block” or “kick” at random mixes the new kick with the old block. That is the simplest way to build review into a class, and the relay rule “only clean kicks count” turns a game into technique practice.

MIN	ACTIVITY	COACHING CUE	COMMON ERROR
0–3	Bow in, line up by rank, focus check	<i>“Feet together, eyes forward”</i>	Chatting in line
3–9	Stance tag: tagged players freeze in horse stance until a teammate frees them	<i>“Knees out, back tall”</i>	Knees caving in
9–15	Basics in lines: low block, punches, knee raises	<i>“Block starts at the opposite ear”</i>	Short, arm-only block
15–23	Front kick in 3 parts: chamber, extend, re-chamber. Air first, then kick shield	<i>“Knee up first, toes back”</i>	Straight-leg swing from the hip
23–24	Water break	–	–
24–31	Call-out drill: holder calls “block” or “kick,” partner responds	<i>“Listen, then move”</i>	Guessing before the call
31–37	Forms: first 8 moves of the first form (or the grading form for the rank)	<i>“Look before you turn”</i>	Turning without looking
37–41	Kick the shield relay: teams, only clean kicks count	<i>“Chamber, then kick”</i>	Rushing and skipping the chamber
41–45	Stretch, mat chat, stripes, bow out	<i>“What does focus look like at school?”</i>	–

Mat chat theme

Pick one character theme per month (respect, focus, perseverance) and return to it every week.

Plan B

Small hall: run the relay on the spot, kicks on a held shield instead of a travelling line. Flat energy: swap forms for a review game and keep the objective.

Tiers

Beginners: kick a static shield.
Advanced: holder moves between kicks and calls two-strike combinations.