

# TAEKWONDO KICKSTARTERS

## Coach Handbook

This handbook has been designed to give coaches the tools and knowledge to deliver the Taekwondo Kickstarters program and provide a fun and engaging experience for kids and teachers. This handbook is to be used in conjunction with the Taekwondo Kickstarters Lesson Plans.



Australian  
Taekwondo

# CONTENTS

What is Taekwondo Kickstarters?

PAGE 3

Common Questions

PAGE 4

What Will Students Learn?

PAGE 5

Taekwondo Kickstarters: Six Week Lesson Plans

PAGE 6

Getting Started

PAGE 9

Coach Tips

PAGE 10

What's Next?

PAGE 11

# WHAT IS TAEKWONDO KICKSTARTERS?

The Taekwondo Kickstarters program is a modified taekwondo program, developed by Australian Taekwondo for delivery in Australian schools. Designed to help children with minimal experience in the martial art, be exposed to its benefits in a safe and fun setting.

## PROGRAM OVERVIEW

While taekwondo programs have previously been run in schools by local, independent instructors, this is the first time that a consistent national taekwondo program has been attempted and therefore represents new ground for taekwondo in Australia.

The program is designed to provide a level of consistency with respect to curriculum and content, while retaining some flexibility to allow coaches to deliver the program in the most appropriate way taking into account the unique needs of the schools and students to whom they are delivering. Features include:

- › A nationally accredited framework to help delivery in the schools system.
- › It is a safe, fun and inclusive program for girls and boys.
- › It teach kids from F-6 the fundamental skills and values of taekwondo, specifically those with minimal experience in the martial art.
- › It is aligned with the Australian Education Curriculum.

## PROGRAM STRUCTURE

This places an emphasis on coaches providing safe, fun, engaging activities that ensure maximum participation for all children, regardless of their level of ability.

Taekwondo Kickstarters has been designed to align with the current ACARA HPE National Curriculum lesson principles for F-6. The program also provides a medium for anti-bullying and wellness messages.

- › Taekwondo Kickstarters is an easy to deliver program with 6 x 45 minute sessions as a base, although this structure can be modified depending on the needs and convenience of the school and participants.
- › Sessions can be delivered with minimal equipment that all schools will have on hand (e.g. cones) or, where possible, can incorporate the use of paddles, mitts and pads.
- › Taekwondo Kickstarters sessions are designed to provide a guide on delivery as well as flexibility for the coach in terms of warmup, technique development and fun games. The messages developed for each lesson are required to be consistent for all coaches.
- › The exercise key in the accompanying lesson plan document provides a range of options that can be alternated if the program is repeated or extended beyond the 6 weeks.

# COMMON QUESTIONS

## WHO CAN DELIVER TAEKWONDO KICKSTARTERS?

The program must be delivered by an accredited coach or teacher. Extensive knowledge of taekwondo is not required.

## WHEN CAN TAEKWONDO KICKSTARTERS BE RUN?

In schools during or after school hours. The Taekwondo Kickstarters program is comprised of 6 x 45 minute lessons but can be adapted to be a minimum of 4 or more than 6 depending on the situation.

## WHERE CAN TAEKWONDO KICKSTARTERS BE DELIVERED?

The program can be delivered in an open space, either indoor or outdoor.

## WHAT DOES THE TAEKWONDO KICKSTARTERS PROGRAM LOOK LIKE?

Australian Taekwondo has developed lesson plans that makes the delivery of Taekwondo Kickstarters easy!

## WHAT ARE THE MINIMUM DELIVERY EXPECTATIONS FOR ALL TAEKWONDO KICKSTARTERS PROGRAM?

- › Consistency in the messaging developed for each lesson within the Taekwondo Kickstarters Lesson Plans.
- › The length of any session should be no more than 60 minutes.
- › A Taekwondo Kickstarters program must have a minimum of 4 lessons.
- › If you have the opportunity to run a program in a school for more 6 lessons, it is encouraged that accredited coaches use their experience to deliver additional lessons that are appropriate for the skill level of the participants.

## WHAT FLEXIBILITY DO I HAVE IN TERMS OF PRICING?

For the Taekwondo Kickstarters Schools Pilot, coaches can negotiate program pricing with the school. Please note that this pilot program is a stepping stone to gaining accreditation within the national Sporting Schools program where schools will have grant funding to spend on sport programs.

## WHAT FLEXIBILITY DO I HAVE IN TERMS OF DELIVERY?

The basic components of a lesson include the warmup, games, basic techniques and training. As an accredited coach, you have the flexibility to choose to implement these components as appropriate to your school class and in line with the education focus for each year group. This is outlined below:

**Years 1 and 2:** perform basic skills and sequences. For example, perform the execution of one skill such as a side kick then progress this to performing two skills consecutively such as a front punch into a side kick.

**Years 3 and 4:** refine fundamental movement skills as well as movement concepts and strategies. This would include carrying a basic pattern or punching and blocking sequence combination combined with the ability to articulate what they are doing.

**Years 5 and 6:** students in this group are expected to perform specialized movement skills and propose and combine movement strategies. Students should aim to carry complex movement sequences.

# WHAT WILL STUDENTS LEARN?

Taekwondo is a fantastic safe martial art that is **inclusive of everyone** and the Taekwondo Kickstarters curriculum has been designed to incorporate messages and learning that supports **anti-bullying and wellness**.

## THE TAEKWONDO KICKSTARTERS PROGRAM HAS BEEN DESIGNED TO:

- › Teach basic taekwondo skills.
- › Highlight a clear positive message that should be reinforced to participants.
- › Promote physical activity.
- › Build and develop fundamental movement skills.
- › Develop discipline, self-esteem, concentration and focus.
- › Cultivate a fun experience.

## TAEKWONDO IS A GREAT VEHICLE TO ADDRESS THESE TOPICS AS IT CAN BE A PLATFORM FOR:

- › Finding good friends.
- › Feeling like you belong.
- › Having a supportive family.
- › Helping others or 'giving back'.
- › Good communication with the people around you.

# TAEKWONDO KICKSTARTERS SIX WEEK LESSON PLANS

Australian Taekwondo has developed easy to deliver lesson plans as an accompanying document. The lesson plans were cultivated to promote a consistent student experience and ensure Australian Curriculum outcomes are achieved.

- The lesson plans include 6 sessions that can be adapted to suit different class sizes and length. More information on this can be found in the lesson plans.
- Sessions are themed to deliver positively impactful messages to students such as 'helping others', 'positive and negative perceptions' and 'how to treat people' among others.
- The sessions have been structured to include a warm-up, a basic skill activity, a fun training activity and a cool-down/de-brief.

See the [SUMMARY TABLE: SIX WEEK LESSON PLANS](#) on the following pages.

## SUMMARY TABLE: SIX WEEK LESSON PLANS

LESSON	WARM-UP, BASICS AND TRAINING	LEARNING INTENTION AND AUSTRALIAN CURRICULUM ALIGNMENT	SUCCESS CRITERIA By the end of this session, students should be able to:
1	<ul style="list-style-type: none"> <li>› Running forward, sideways and back</li> <li>› Run, stop and jump options</li> <li>› Game: Tag</li> <li>› Horse riding punch</li> <li>› Basic stances / kicks</li> <li>› Stretching and/or breathing</li> </ul>	<ul style="list-style-type: none"> <li>› Explore how success, challenge and failure strengthen identities (ACPPS033)</li> <li>› Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043)</li> <li>› Practise and apply movement concepts and strategies (ACPMP045)</li> <li>› Combine elements of effort, space, time, objects and people when performing movement sequences (ACPMP047)</li> </ul>	<ul style="list-style-type: none"> <li>› Form a fist and punch correctly</li> <li>› Perform a forward stance, low section block and a middle section punch</li> <li>› Perform a low section block whilst moving backwards</li> <li>› Perform a middle section punch whilst moving forward</li> <li>› Perform front, side &amp; back kick combinations</li> </ul>
2	<ul style="list-style-type: none"> <li>› Cone running options</li> <li>› Partner drills / stretching</li> <li>› Stuck in the mud</li> <li>› Horse riding punch</li> <li>› Forward stance, low section block and punch</li> <li>› Patterns</li> <li>› Basic kicking techniques</li> <li>› Moving forward and kicking</li> <li>› Stretching and/or breathing</li> </ul>	<ul style="list-style-type: none"> <li>› Explore how success, challenge and failure strengthen identities (ACPPS033)</li> <li>› Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043)</li> <li>› Practise and apply movement concepts and strategies (ACPMP045)</li> <li>› Combine elements of effort, space, time, objects and people when performing movement sequences (ACPMP047)</li> </ul>	<ul style="list-style-type: none"> <li>› Perform a pattern of 7 moves</li> <li>› Perform a horse-riding punch (single and double)</li> <li>› Perform a low section block, middle section punch whilst moving</li> <li>› Perform a right four directional punch and a flying side kick</li> </ul>
3	<ul style="list-style-type: none"> <li>› Cone shuttles and relays</li> <li>› Bullrush</li> <li>› Punch and blocking combination</li> <li>› Right 4 directional punch pattern</li> <li>› Review new punching and kicking techniques</li> <li>› Stretching and/or breathing</li> </ul>	<ul style="list-style-type: none"> <li>› Describe and apply strategies that can be used in situations that make students feel uncomfortable or unsafe (ACPPS035)</li> <li>› Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043)</li> <li>› Practise and apply movement concepts and strategies (ACPMP045)</li> <li>› Combine elements of effort, space, time, objects and people when performing movement sequences (ACPMP047)</li> </ul>	<ul style="list-style-type: none"> <li>› Perform a low section block/raising block/ middle section punch whilst moving</li> <li>› Perform a combination punch/low block then a raising block/punch</li> <li>› Perform a right four directional punch</li> <li>› Perform a jumping front, side and back kick</li> </ul>

## SUMMARY TABLE: SIX WEEK LESSON PLANS CONTINUED

LESSON	WARM-UP, BASICS AND TRAINING	LEARNING INTENTION AND AUSTRALIAN CURRICULUM ALIGNMENT	SUCCESS CRITERIA By the end of this session, students should be able to:
4	<ul style="list-style-type: none"> <li>› Cone course x 5</li> <li>› Review punch and block</li> <li>› Simon Says</li> <li>› Overview of kicking basics</li> <li>› Patterns as a group</li> <li>› Flying sidekicks</li> <li>› Stretching and/or breathing</li> </ul>	<ul style="list-style-type: none"> <li>› Identify and practise strategies to promote health, safety and wellbeing (ACPPS036)</li> <li>› Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043)</li> <li>› Practise and apply movement concepts and strategies (ACPMP045)</li> <li>› Combine elements of effort, space, time, objects and people when performing movement sequences (ACPMP047)</li> </ul>	<ul style="list-style-type: none"> <li>› Perform front and side kicks</li> <li>› Perform knife hand strikes</li> <li>› Perform right and left four directional punches</li> <li>› Perform a flying side kick</li> </ul>
5	<ul style="list-style-type: none"> <li>› Circuit training</li> <li>› Review punch, kick and blocks</li> <li>› Mirroring</li> <li>› Punch, blocking and patterns</li> <li>› Tournament: memorising a pattern</li> <li>› Stretching and/or breathing</li> </ul>	<ul style="list-style-type: none"> <li>› Identify and practise strategies to promote health, safety and wellbeing (ACPPS036)</li> <li>› Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043)</li> <li>› Practise and apply movement concepts and strategies (ACPMP045)</li> <li>› Combine elements of effort, space, time, objects and people when performing movement sequences (ACPMP047)</li> </ul>	<ul style="list-style-type: none"> <li>› Perform a horse-riding punch (single and double)</li> <li>› Perform a low Section Block (moving)</li> <li>› Perform a middle Section Punch (moving)</li> <li>› Perform a right four directional punch</li> </ul>
6	<ul style="list-style-type: none"> <li>› 5 x stations of 5 exercises x 2 rounds</li> <li>› Crawling tag</li> <li>› Kicks and punches with partner</li> <li>› State a technique - students perform</li> <li>› Stretching and/or breathing</li> </ul>	<ul style="list-style-type: none"> <li>› Explore how success, challenge and failure strengthen identities (ACPPS033)</li> <li>› Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043)</li> <li>› Practise and apply movement concepts and strategies (ACPMP045)</li> <li>› Combine elements of effort, space, time, objects and people when performing movement sequences (ACPMP047)</li> </ul>	<ul style="list-style-type: none"> <li>› Perform a variety of kicks at a shield or shadow boxing</li> <li>› React to instructions and perform a variety of kicks and punches</li> </ul>



# GETTING STARTED

## ACCREDITATION

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All coaches are required to complete accreditation for the Taekwondo Kickstarters program. This can be done by:

- › Registering your interest by emailing [kickstarters@austkd.com.au](mailto:kickstarters@austkd.com.au)
- › Providing a current Working with Children Check.
- › Providing a valid first aid and CPR certificate.
- › Reviewing the resources and completing an online quiz with a minimum pass rate of 80%.
- › Signing the schools coach accreditation agreement.
- › Complete ongoing reporting to AT in terms of participant numbers.

## BOOKING PROGRAMS

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Accredited coaches can be referred bookings by AT or can approach schools themselves. Coaches can negotiate with the schools the delivery fees based on the level of service delivered.

Coaches are required to report what schools they have been booked into and participant numbers at the end of each program.

## EQUIPMENT

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Taekwondo Kickstarters has been designed so that delivery does not require specialised taekwondo equipment. All that is required is a safe indoor or outdoor space with a roof depending on the time of day. Cones are the one piece of equipment that will aid your delivery and are cheap to buy or most schools will have them available. Coaches that have taekwondo equipment (e.g. mitts, pads, paddles, etc.) are able to integrate the use of them easily into the lesson plans.

## CREATING A SAFE ENVIRONMENT

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Taekwondo Kickstarters can be delivered in an open space the size of 10m x10m. Always remember to ensure that the area being used is even and free of obstructions and that you have taken the elements into consideration. The intensity of the class will need to be adjusted if delivering on grass vs concrete.

Use your discretion when creating the environment you will deliver the program in, ensuring that participant safety is the number one priority.

## INCIDENT REPORTING

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If there is an incident when carrying out a class please fill out an incident report form found in the resources folder you have been provided a link to and send to [kickstarters@austkd.com.au](mailto:kickstarters@austkd.com.au). Examples may include an injury, complaint, issues between students, etc.

# COACH TIPS

## DELIVERING IN SCHOOLS

When delivering in a school environment, please consider:

- › Presenting yourself in a professional manner and ensure regular and timely communication.
- › Organising the program delivery by arriving early to setup and understand the lesson timings at the school.
- › Wherever possible, involve teachers in the sessions and provide them with guidance and education on the program.
- › Ask the kids questions to understand what is working and adjust accordingly.

## PROMOTING YOUR LOCAL TAEKWONDO CENTRE

Delivering Taekwondo Kickstarters provides a great opportunity to expose students to the sport of taekwondo. Coaches are encouraged to promote the local taekwondo centre at the completion of the program. Refer to the AT website for the club finder function.

## CHANGE IT

The ability of students in schools will be highly variable. Taekwondo Kickstarters has been designed to be modified based on the skill level of students. It is encouraged that coaches use the CHANGE IT principle to encourage students to have a positive experience.

C

**COACHING STYLE** Adjust your style depending on the composition of the class you are working with.

H

**HOW** You score/win/provide opportunities – provide different opportunities for competition and scoring using games, pattern competitions, or technique competitions. Think outside the box.

A

**AREA** Increase or decrease the challenges by changing the size/shape of the area, team numbers etc. Constraints can lead to lateral thinking in the students.

N

**NUMBERS** Create different group numbers to challenge the participants. For example, using pattern competitions working in teams of 3.

G

**GAME RULES** Change the rules slightly to respond to your class on the day.

E

**EQUIPMENT** Whilst the the program has been designed to deliver without specialised equipment, you can CHANGE IT by using equipment such as pads, paddles, mitts if you have access to them.

I

**INCLUSION** Engage participants by modifying the practises and giving them different options. Focus on promoting what they can do rather than what they can't.

T

**TIME** Reduce or extend the time they have to complete games, patterns or techniques.

# WHAT'S NEXT?

## EMAIL YOUR INTEREST

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To register your interest to become an accredited coach, please email [kickstarters@austkd.com.au](mailto:kickstarters@austkd.com.au). You will be provided with a link to register and complete the accreditation quiz.

## REVIEW THE RESOURCES

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- › There are a number of resources that have been created to make delivering the Taekwondo Kickstarters program easy. These include:
  - › Lesson plans
  - › Video resources
  - › Tips to engage with schools
  - › Promotional resources

## NEED HELP?

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If you have any further questions, please contact Australian Taekwondo or any of our schools program leaders.

