

# HOW IT WORKS

A feat is an achievement that requires great courage, skill or strength to complete.

These are characteristics of WARRIORS. Can you achieve some courageous feats this year?

How it works:

1. CHOOSE one or two to start with – if choosing two, we suggest a 3 point and a 5 point.
2. When your feat is ready, let your instructor know so they can assess your feat and add your name and points to the feat LEADERBOARDS.
3. At the end of each month we will update the leader board POINTS.

These feats are a chance to challenge yourself and explore a whole new side to your Taekwon-Do training! Most of these (especially the 5 pointers) will take time to master so take your time so you don't get injured, and have fun with it.

**GOOD LUCK!!!**

## **INSTRUCTING APPRENTICE – 3 POINTS**

- Teach a complete beginner saju jirugi and saju makgi.
- Upload a video of your student following your directions (e.g. baro, sijak, kyong ye) to perform saju jirugi and saju makgi in their own time to youtube.
- Send us the youtube link (to [admin@wtkd.co.nz](mailto:admin@wtkd.co.nz)).

## **FIGHT SCENE CHOREOGRAPHER – 3 POINTS**

- Choreograph a 30 second fight scene with a friend using at least 4 techniques from your syllabus AND your imagination.

## **PATTERNS DAREDEVIL – 5 POINTS**

- Perform a Taekwon-Do pattern WITH YOUR EYES SHUT!!!
- To achieve this feat you need to keep your balance, perform the correct movements and keep a steady rhythm.

## **DOJANG UBER – 3 POINTS**

- Carry someone piggyback all the way around the dojang!
- (Without the person you're carrying falling of course!)

## **WALLRIDER – 5 POINTS**

- Perform a “spiral kick”: a flying side piercing kick to the wall with one foot, followed by a flying back piercing kick with the other foot before landing. One jump, two kicks.
- Watch video here: [warriortkd.co.nz/tkd-feats](http://warriortkd.co.nz/tkd-feats)

## **KNUCKLE ACE – 5 POINTS**

- Complete 20 push ups with correct form on your knuckles.

## **MEMORY MOGUL – 5 POINTS**

- Name every move in your top pattern in Korean (don't forget the stances too).

## **APPLAUSE – 3 POINTS**

- Jump and clap 5 times before landing.

## **ROLLING BREAKFALL – 5 POINTS**

- Roll forwards onto one shoulder blade and then the opposite hip. For instance roll forwards onto your left shoulder blade then right hip. Your head should not touch the ground at all, but you can use your hands to guide you without putting weight on them.
- Watch video here: [warriortkd.co.nz/tkd-feats](http://warriortkd.co.nz/tkd-feats)

## **DOLLYO CHAGI DOMINATION – 5 POINTS**

- Do 25 sets of middle and high turning kicks on each leg with correct knee and foot position.
- 1 set is 1x middle turning kick + 1x high turning kick.
- You may use a rail or wall for support – but make sure you keep up a steady rhythm through all the sets!

## **HUMAN SPINNING TOP – 3 POINTS**

- Jump spin 360 degrees!
- Jump, and spin all the way around so you are facing the same way as when you started, without losing your balance.

## **TOE JAMMER – 3 POINTS**

- While standing in parallel stance, touch your toes (without bending your knees).

## **SLO-MOTION MASTER – 5 POINTS**

- The number 5 is very important for this feat ... do 5 slow side kicks on each leg ... take 5 seconds to release the leg out, hold for 5 seconds in correct position (must be hip height) and take 5 seconds to retract.
- You may use a rail or wall for support.
- To achieve this feat your leg must not drop and you need to do the proper chamber and foot positions for each kick.

## **BALANCE BOSS – 3 POINTS**

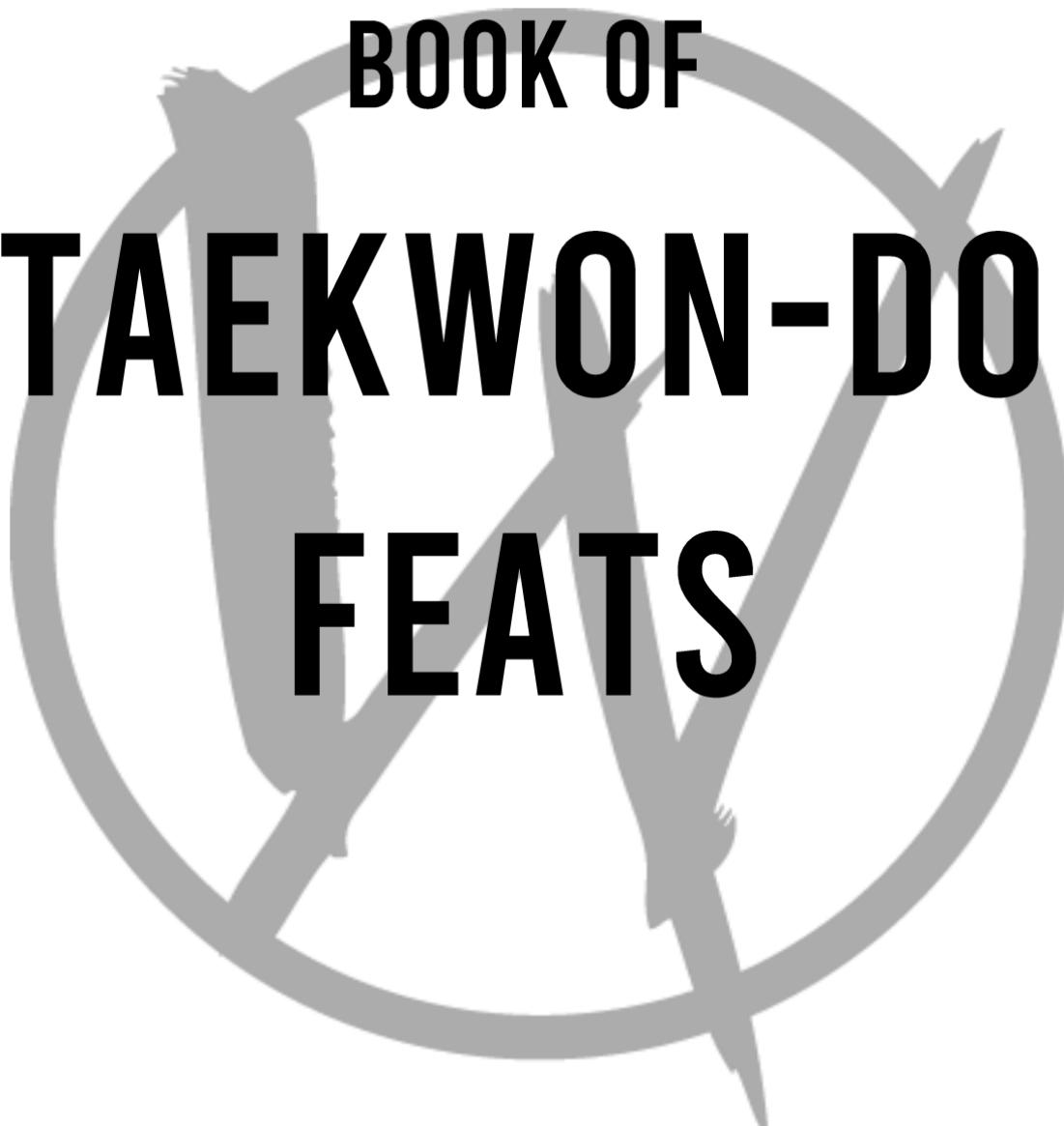
- Keep your balance on one foot while holding onto one foot bent up behind you for 20 seconds. Be able to do it on both legs.

## **TRIPLE THREAT – 5 POINTS**

- Perform a flying TRIPLE front snap kick!
- Jump from the ground and perform THREE front snap kicks super fast with correct technique and foot placement before you land.

## **WHIRLWIND – 5 POINTS**

- Perform a scissoring flying turning kick while doing one complete spin. For the left leg start with your left foot forward, spin clockwise and do a scissoring flying turning kick.
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**BOOK OF  
TAEKWON-DO  
FEATS**