



10 Tips to Get the Most Out of Our TKD Online Academy

Parents! Please review and read this to your child. Thank you!

1. Plan to train as frequently as you did with live training

To maintain your skills, it is important to practice 2-3x's per week. Of course, you can practice more if you like! When it comes to maintaining fitness, flexibility and focus, consistency is vital! As you create a new daily schedule for your family, be sure to set aside a block of time for Tae Kwon Do training.

2. Try to block out 40 minutes of practice time just like you did for regular classes

Our videos will be around 30 minutes and will provide you with a great workout and technique tips for the day. You should also plan to review and practice your specific belt requirements for about 10 minutes. Of course, if you need to break up your training time throughout the day, that's ok too. Just think of how much you want to impress your Masters when you do return to class!

3. We recommend changing into uniform to keep the training feeling special

Depending on the flooring surface that you have for training, you should make your own decision of whether to train barefoot or in sneakers. Training while wearing socks can be slippery and is not recommended. So, get into uniform, tie your belt (do the best that you can!) and get started!

4. Clear an area for your practice of about 10 x 10 feet

You won't need a lot of room, but you will want it to be free of obstacles and distractions. After all, your home will be your dojang for the time being!

5. Parents are encouraged to watch the session with their child

This will help them to stay accountable, allow you hear and see the messages from the instructors, and give you the opportunity to cheer your child on! (Asking your child to answer, "Yes Sir!" or "Yes Ma'am!" when you call them for dinner is optional!)

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**6. Use the attached training log to keep track of your progress**

Logging the online sessions that you complete is a great way to measure consistency and progress. Use a checkmark, a colored marker, glitter and glue, or whatever makes it fun for you, but fill in that sheet!

7. CELEBRATE completing each practice session

In the dojang, it always feels great to finish a challenging class and to hear the applause from your classmates and the audience. At home, you need to replicate that same experience. So go ahead and make a big deal out of a great practice session, telling your child (or yourself) how PROUD you are!

8. Remember to stay active throughout the day and eat sensibly

Physical activity is essential for a healthy body AND mind for children and adults. Try to minimize screen time and play active games indoors or out, take a walk, and enjoy nutritious snacks and plenty of water. Now more than ever, it's a great time to develop healthy habits as a family.

If you as a parent aren't already a student, is it ok for you to participate with your child? Of course! (Just be prepared to hear them critique you on your technique.)

9. Be social and keep in touch

We are excited to hear from you and see how you are using the Taekwondo spirit to persevere. Please share your photos and videos to Master Yoo's Facebook page or send us an email! If you have any questions at all, please email our schools at iLoveMasterYoo@gmail.com.

10. Please accept our thanks for your membership and your loyalty!

We LOVE being your Taekwondo instructors and we can't wait to see you in class again. While we won't be able to tell if you were following all these guidelines exactly, we would be to see if you had been practicing after your return!

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