

STRIKING ADVANCED

Summer Quarter



Active
MARTIAL ARTS

BROWN - HIGH BROWN - RED - HIGH RED BELTS

Check off the boxes as you learn the techniques or earn a stripe.

■ FORM

Performed at Testing

Sai Form 2

■ SPARRING

Performed at Testing

Sparring Drills

Drill 1 - Lead slide round kick, cross + hook, clear at 45 angle

Drill 2 - Point Sparring

Drill 3 - Sliding fake front kick, cross + hook, 2x jab on the way out

Drill 4 - Free Sparring

Sparring Concepts

- Demonstrate the ability to attack all available targets with a variety of techniques with proper distancing for each range of sparring

■ BREAKING

Performed at Testing

- Hammer fist (either hand)
- Front Kick (either leg)

■ BASICS

Mitt Drills

- Jamming/ clinching

Target Drills

- Spin heel kick
- Slide kicks (any)

■ LIFE SKILL

Questions Performed at Testing

- What is the origin of the Sai?**
It is believed that the Sai were used as a farming tool in Okinawa sir/ma'am!
- What is one way you demonstrated the current life skill outside of Active Martial Arts?**
Open ended answer.
- What has been the hardest part of your training so far and how will/ have you overcome that?**
Open ended answer.