

STRIKING ELITE

Summer Quarter



Active
MARTIAL ARTS

BLACK BELTS

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

■ FORM

Performed at Testing

Fire Form

■ SPARRING

Performed at Testing

Sparring Drills

Drill 1 - 360 stop and reverse, jump side kick **or** spin side kick

Drill 2 - Point Fighting

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 arm)
- Front kick (either leg)
- Freestyle break (must be a jump or spin technique)

■ BASICS

Mitt Drills

- Spin elbow
- Spin backfist

Target Drills

(Depending on skill level)

- Outside crescent kick, spin crescent kick, jump spin crescent kick combination

■ LIFE SKILL

Performed at Testing

- Tell us something interesting you have learned about the history of the Samurai.**
Open ended answer.
- What is one way you demonstrated the current life skill outside of Active Martial Arts?**
Open ended answer.
- Demonstrate and explain a Martial Arts technique you didn't know until now.**
Open ended answer.
(May require outside study, asking questions, research, etc..)