

STRIKING INTERMEDIATE

Summer Quarter



Active
MARTIAL ARTS

ORANGE - GREEN - BLUE - PURPLE BELTS

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

■ FORM

Performed at Testing

Self-Control Form

■ SPARRING

Performed at Testing

Sparring Drills

- Drill 1 - Front kick, jab, cross, round kick combination
- Drill 2 - Point Sparring
- Drill 3 - Lead double round kick low & high
- Drill 4 - Free Sparring

Sparring Concepts

- Demonstrate using a wide variety of different techniques in your sparring

■ SELF-DEFENSE

- 1 - Upa & roll motion
- 2 - Arm trap mount escape
- 3 - Bully defense/ subduing opponent

■ BASICS

Mitt Drills

- Rock back
- Hollow out

Target Drills

- Side kick
- Spin hook kick

■ LIFE SKILL

Questions Performed at Testing

- What is Self-Control?**
Restraining your emotions and reactions sir/ma'am!
- What is one way you demonstrated the current life skill outside of Active Martial Arts?**
Open ended answer.
- Demonstrate and explain a proper Attention Stance.**
Feet are together, hands are by your side, shoulders back, and eyes forward sir/ma'am!