

# SUPER HEROES (AGES 5-6)

Summer Quarter



**Active**  
MARTIAL ARTS

## WHITE/LIL'HEROES BLACK - CAMO RED BELTS

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

### DISCIPLINE

- Thor Form**
  1. Start from Chung Be
  2. Twin hammerfists in a sitting stance
  3. Left chop, punch at left 45 degree angle
  4. Right chop, punch at right 45 degree angle
  5. Thors hammerfist on one knee (Yell)
  6. Attention Stance

### COORDINATION

- Jab, Cross, Uppercut, Uppercut (both hands)**
  - White-Yellow (In place, instructor calls out strikes)
  - Orange-Purple (Moving, instructor calls out strikes)
  - Brown-Red (Moving, silent instructor)
- Punch a Bouncing Ball**
  - White-Yellow (punch a ball)
  - Orange-Purple (punch a ball back to the instructor)
  - Brown-Red (punch a smaller ball back to the instructor)

### SOCIAL

- Demonstrate teamwork by rolling a ball to a partner**
  - White-Yellow (Straight line staying within obstacles)
  - Orange-Purple (Around obstacles)
  - Brown-Red (Zig zag in and out of obstacles)

### FOCUS

- Catch a square target pad flying through the air at random angles**
  - White-Yellow (catch 1)
  - Orange-Purple (catch 2)
  - Brown-Red (catch 3)
- Board Break**
  - Side Kick

### SELF-CONTROL

- Blocking drill against a foam blocker**
  - White-Yellow (Low block, high block)
  - Orange-Purple (Low block, high block, mid block)
  - Brown-Red (Random attacks - low block, high block, mid block)
- Balanced front kicks**
  - White-Yellow (3 kicks)
  - Orange-Purple (6 kicks)
  - Brown-Red (8 kicks)