

# STRIKING ADVANCED

Fall 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

#### Honor Form

### ■ SPARRING

Performed at Testing

#### Sparring Drill

Entering

- Drill 1 - Body fake then side kick
- Drill 2 - Zig zag step entry Jab, uppercut, hook punch
- Free Sparring
- Point Sparring

#### Sparring Concepts

- Demonstrate control and proper footwork in your sparring (use light contact, kick above the belt, on toes, marching, not crossing legs, correct foot moves first)

### ■ BREAKING

Performed at Testing

- Elbow Strike (either hand)
- Side Kick (either leg)

### ■ BASICS

#### Footwork

- Zig Zag Step

#### Target Drills

- Butterfly kick
- Fake back leg round kick to twist kick

### ■ LIFE SKILL

Question Performed at Testing

- How have you demonstrated the life skill outside of Active Martial Arts?