

# STRIKING BEGINNER

Fall Quarter



**Active**  
MARTIAL ARTS

## WHITE & YELLOW BELTS

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

Learn to tie your belt - <http://youtu.be/fqoLY61Qt9w>

### ■ FORM

Performed at Testing

**Integrity Form - 10 movements**

### ■ SPARRING

Sparring Drill Performed at Testing

#### Movement Techniques

- Active Footwork - Side to Side (Don't cross feet!)
- Active Footwork - Forward & Backward
- Slip
- Inside Block

#### Sparring Drill

**(No Contact/Light contact drills with yellow belts)**

- Drill 1. Circle partner, shadowboxing with proper footwork, to both 45 Angles
- Drill 2. Lead front kick to body, Jab + cross low (to body)
- Drill 3. Partner simulates jab 2x, you perform slip and inside block

### ■ SELF-DEFENSE

- Break falls/ Falling Safely
- Standing in base
- Circle wrist escape

### ■ BASICS

#### Hand Techniques

Jab  
Cross  
Elbow

#### Foot Techniques

Front kick  
Lead and rear leg round kick

### ■ LIFE SKILL

Questions Performed at Testing

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