

# STRIKING ELITE

Fall Quarter



**Active**  
MARTIAL ARTS

## BLACK BELTS

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

### ■ FORM

Performed at Testing

#### FreeStyle Weapon 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 arm)
- Side kick (either leg)
- Freestyle break

### ■ BASICS

#### Mitt Drills

- Overhand jab
- Overhand cross

#### Target Drills

(Depending on skill level)

- Forward roll, jump front kick **or** handstand **or** k-kick
- Forward roll, twist kick **or** cartwheel **or** cartwheel kick

### ■ KNOWLEDGE

Performed at Testing

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