

STRIKING INTERMEDIATE

Fall 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

Sai Form 1

■ SPARRING

Performed at Testing

Static Sparring Drill

- Lead leg front kick, round kick, combination
- Skip Side Kick
- 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)

■ SELF-DEFENSE

- 1- Forward roll
- 2- Sprawl with a partner
- 3- Sprawl, opponent grabs legs, cross face

■ BASICS

Mitt Drills

- Jab and cross catch
- Switch round kick

Target Drills

- Lead leg skipping side kick
- Spin crescent kick

■ LIFE SKILL

Questions Performed at Testing

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