

# STRIKING ELITE

Winter Quarter



**Active**  
MARTIAL ARTS

## BLACK BELTS

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

### ■ FORM

Performed at Testing

#### Nunchuck Form 2

- See Form Video on Website for guidelines and tips

### ■ SPARRING

Performed at Testing

#### 5 Strengths of Positioning

#### Sparring Concepts

- Distance** - The correct distance to land strikes  
**Balance** - In balance to strike effectively  
**Angle** - The proper angle to attack from  
**Aim** - A clear visual line of sight  
**State of Mind** - Ready and confident in the ability to execute
- Demonstrate you can keep your guard up and block effectively while counter attacking

### ■ BREAKING

Performed at Testing

- Palm Heel (either arm)  
 Front kick (either leg)  
 Freestyle break (must be a jump or spin technique)

### ■ BASICS

#### Mitt Drills

#### Target Drills

- Catch round kick, spin elbow strike, leg sweep combination
- (Depending on skill level)**
- Outside crescent kick to spin hook  
**or** cartwheel **or** aerial

### ■ LIFE SKILL

Questions Performed at Testing

- What are the 5 strengths of positioning?**  
Distance, Balance, Angle, Aim, State of mind Sir/Ma'am.
- What is one way you demonstrated the current life skill outside of Active Martial Arts?**  
*Open ended answer.*
- What does being a Black Belt mean to you?**  
Open ended answer.