

STRIKING ADVANCED

Spring 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

Courage Form

■ SPARRING

Performed at Testing

Sparring Drill

- Round kick low, round kick high combination
- Leg checking

Sparring Concepts

- Demonstrate using multiple combinations of 3 or more techniques put together

■ BREAKING

Performed at Testing

- Elbow strike (either arm)
- Round Kick (either leg)

■ BASICS

Round Kick Footwork

Lead Leg Round Kick

- Stationary
- Switch
- Pendulum
- Twisting

Rear Leg Round Kick

- Stationary
- Hop & Chop
- Stutter Step
- Sliding

Target Drills

- Jump spin crescent kick
- Jump spin side kick

■ LIFE SKILL

Questions Performed at Testing

- What is Courage?**
Courage is the spirit which enable us to face danger sir/ma'am!
- What is one way you demonstrated the current life skill outside of Active Martial Arts?**
Open ended answer.
- What does a board represent in Martial Arts?**
It represents an obstacle or challenge that I must overcome sir/ma'am!