

STRIKING BEGINNER

Spring Quarter



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)

1. Circle partner, with proper footwork, to both 45 Angles
2. Lead Front kick to body
3. Jab, cross high (No contact to head)
4. Jab, cross low (to body)
5. Partner simulates 2 punches - You perform a Slip 2x

■ 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

- What is Integrity?**
Integrity means that your beliefs match your behavior sir/ma'am!
- What is one way you demonstrated the current life skill outside of Active Martial Arts?**
Open ended answer.
- What is Focus?**
Focus is when you put all of your concentration into one thing sir/ma'am!