

STRIKING ELITE

Spring Quarter



Active
MARTIAL ARTS

BLACK BELTS

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

■ FORM

Performed at Testing

Gwan Gae Form

■ SPARRING

Performed at Testing

Static Sparring Drill

- Axe kick, 360 jump spin kick **or** spin side kick

Sparring Concepts

- Become proficient in using fakes and feints in free sparring
- Demonstrate using multiple combinations of 3 or more techniques put together

■ BREAKING

Performed at Testing

- Elbow Strike (either arm)
- Round kick (either leg)
- Freestyle break

■ BASICS

Mitt Drills

- Superman Punch
- Superman Elbow

Target Drills

(Depending on skill level)

- Butterfly crescent kick **or** jump pop-up front kick
- Butterfly round **or** twin jump front kicks

■ LIFE SKILL

Questions Performed at Testing

- What does Black Belt symbolize?**
Mastery of the basics and no fear of darkness sir/ma'am!
- What is one way you demonstrated the current life skill outside of Active Martial Arts?**
Open ended answer.
- Explain one area of your life where martial arts has made the biggest difference.**
Open ended answer.