

STRIKING INTERMEDIATE

Spring 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

Kama Form 1

■ SPARRING

Performed at Testing

Static Sparring Drill

- Side kick, Spin side kick

Sparring Concepts

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

■ SELF-DEFENSE

- 1 - Thai Clinch- Entering & throwing elbows and knees
- 2 - Standing Armlock
- 3 - Arrest hold wrist lock

■ BASICS

Mitt Drills

- Uppercuts
- Body block

Target Drills

- Axe Kick
- Spin side kick

■ LIFE SKILL

Questions Performed at Testing

- What is the origin of the Kamas?**
It is believed that the Kamas were used as a farming tool in Okinawa sir/ma'am!

- What is one way you demonstrated the current life skill outside of Active Martial Arts?**
Open ended answer.

- Demonstrate and explain a proper Power Stance.**
Take 3 steps forward, turn sideways, bend your back knee and look over your front shoulder sir/ma'am!