

# STRIKING ADVANCED

Winter 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

#### Nunchuck Form 1

### ■ SPARRING

Performed at Testing

#### Sparring Drill

Offensive counter

- Drill 1 - See switch kick coming and counter with a cross
- Drill 2 - Opponent enters as you retract a kick, immediately counter punch

Defensive counter

- Drill 3 - Rock back and counter kick
- Drill 4 - Hollow out and counter kick

#### Sparring Concepts

- Demonstrate you can keep your guard up and block effectively while counter attacking

### ■ BREAKING

Performed at Testing

- Palm heel strike (either arm)
- Front Kick (either leg)

### ■ BASICS

#### Target Drills

- Jump spin hook kick
- Lead leg twist kick

### ■ KNOWLEDGE

Questions Performed at Testing

- What is the origin of the nunchucks?**  
It is believed that the Nunchucks 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.*
- What do Forms teach us?**  
Forms are a display of art that teaches balance, timing, power, and artistic expression sir/ma'am!