

STRIKING BEGINNER

Winter Quarter



Active
MARTIAL ARTS

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

Courtesy Form - 9 movements

■ SPARRING

Sparring Drill Performed at Testing

Movement Techniques

- Active Footwork - Side to Side (Don't cross feet!)
- Active Footwork - Forward & Backward
- Outside Block
- Low block with side step (Blocking Front Kick)

Sparring Drill

(No Contact/Light contact drills with yellow belts)

1. Circle partner, with proper footwork, to both 45 Angles
2. Lead side kick to body
3. Jab, cross high (No contact to head)
4. Jab, cross low (to body)
5. Partner simulates front kick - You perform low block side step

■ SELF-DEFENSE

- 1 - Front choke escape: bob and weave
- 2 - 1 arm shoulder grab: windmill escape
- 3 - 2 Hand wrist escape staying in base

■ BASICS

Hand Techniques

- Jab
- Cross

Foot Techniques

- Knee
- Side kick
- Crescent kick

■ LIFE SKILLS

Questions Performed at Testing

- What is Courtesy?**
Courtesy is thoughtfulness and consideration of others sir/ma'am!
- What is one way you demonstrated the current life skill outside of Active Martial Arts?**
Open ended answer.
- When is it OK to use Martial Arts Techniques on Another Person?**
Only to protect myself and when I have no other choice, sir/ma'am!