

STRIKING INTERMEDIATE

Winter 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

Perseverance Form - 16 movements

■ SPARRING

Performed at Testing

Static Sparring Drill

- Hook kick, round kick combination

Sparring Concepts

- Demonstrate effective blocking and keeping your guard position at nose level

■ SELF-DEFENSE

- 1 - Bug out- Defense in guard
- 2 - Escape to standing from guard
- 3 - Guard pass - posture, bicep control, headbutt, stand and strike groin

■ BASICS

Mitt Drills

- Bob & Weave
- Hook punches

Target Drills

- Skip hook kick
- Lead leg hook kick, round kick combo

■ LIFE SKILL

Questions Performed at Testing

- What is Perseverance?**
Perseverance means never giving up 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 front stance.**
Feet shoulder width apart, 3 steps forward, your front knee is bent, and both feet face the front sir/ma'am!