

SUPER HEROES (AGES 5-6)

Winter Quarter



Active
MARTIAL ARTS

WHITE/LIL'HEROES BLACK - CAMO RED BELTS

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

DISCIPLINE

- Superman/superwoman Form**
 1. Start from Chung Be
 2. Twin knifehand strikes in a sitting stance
 3. Left Knifehand strike at 45 degree angle
 4. Reverse punch at 45 degree angle
 5. Right Knifehand Strike at 45 degree angle
 6. Reverse punch at 45 degree angle
 7. Twin superman/woman punches to the front (Yell)
 8. Attention Stance

COORDINATION

- Jab, Cross, Bob & Weave, Hook, Hook (both hands)**

White-Yellow (In place, instructor calls out strikes)
Orange-Purple (Moving, instructor calls out strikes)
Brown-Red (Moving, silent instructor)
- Perform a left and right side kick over a kicking shield without falling down.**

White-Yellow (2 kicks without falling or touching shield)
Orange-Purple (4 kicks without falling or touching shield)
Brown-Red (6 kicks without falling or touching shield)

SOCIAL

- Demonstrate taking turns by holding a pad for 5 front kicks, counting to 5 for them and then letting your partner hold the pad for you**
- Bully Response Drill** - Stand tall, Look them in the eyes, Say "STOP IT!", and if that doesn't work, go tell an adult.

FOCUS

- Stand at attention**

White-Yellow (10 seconds)
Orange-Purple (20 seconds)
Brown-Red (30 seconds)
- Board Break**

Side Kick

SELF-CONTROL

- Blocking drill against a foam blocker**

White-Yellow (Low block, high block)
Orange-Purple (Low block, high block, mid block)
Brown-Red (Random attacks - low block, high block, mid block)