

### STRIPE 4: Kicking

Front kick (front leg, back leg, jumping)

Roundhouse kick (front leg, back leg, jumping)

Side kick (front leg, jumping)

### STRIPE 3: Boxing

Jab, Cross, Hook

Bob & weave (ducking side to side)

Combo: Jab, cross, bob & weave, cross

Combo: Jab, cross, hook, bob & weave, hook

### STRIPE 2: Footwork / Agility

Half step, Full step, Slide step

Footwork combo: Slide step, Full step

Balanced kicking (3 of the same kick without dropping the leg)

Precision jumping

Vaulting (over an object)

Rolling (somersault)

### STRIPE 1: Forms / Basics

Stances: Horse stance, Front stance

Down Block

Basic Form 1 (first 4 moves)



**Down Block - Chamber**



**Down Block - Block**

### What is self-discipline?

- *Doing things without being told*
- *What are some examples of self-discipline?*

### What does it mean to be a Black Belt?

- *Being an expert at the basics*

### What is martial arts?

- *Students own answer*
- *We'll discuss this in class, but it is always insightful to hear what the kids have to say!*

### How has your behavior changed since starting martial arts?

- *At home?*
- *At school?*

### Why do we yell (ki yup)?

- *To help create energy in our movements*