Goal of Lesson 4

- To learn about different martial arts styles, their origins and the history of the martial arts, and to practice kicking combinations.

Lesson 4 Learning Objectives

After participating in Lesson 4, students will:

- Be able to locate the hamstring muscle.
- Be able to perform push-ups correctly.
- Be able to perform 6 push-ups.
- Be introduced to a new type of crunch, and then be able to perform two different types of crunches correctly.
- Be able to perform 20 crunches.
- Be able to identify 2-5 martial arts styles by name.
- Be able to identify two different styles of martial arts.
- Be able to recite two classroom rules of the Martial Arts Fitness Program.
- Be able to demonstrate the “mini salute”.
- Be able to demonstrate how to hold a kicking shield safely.
- Be able to demonstrate snap and thrust kicks.

Length of Class

50 Minutes

Class Activities

4.1 Stretching and Warm-Up Exercises 8 minutes
4.2 Physical Exercises 8 minutes
4.3 Health Topic/Team-Building Activity 14 minutes
4.4 Martial Arts Lesson 14 minutes
4.5 Cool-Down and Class Review 6 minutes

Key Terms:

- Gung Fu/Kung Fu
- Jiu-jitsu
- Karate
- Tai Chi Chuan
- Hamstrings muscle
- Aikido
- Judo
- Tae Kwon Do
- Respect
- Crunch vs. sit up

“Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.” — William James
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Teacher Preparation
- Copy blank bingo cards
- Prepare a poster of the Martial Arts Bingo words (see Activity Spotlight) or copy the words onto a chalkboard, erasable board or flip chart.
- Prepare Bingo questions.
- Get to know more crunch styles.
- Become familiar with the hamstring muscle and know appropriate exercises.
- Learn the mini salute.

Required Materials and Equipment
- Martial Arts Bingo cards and materials
- Foam blocker

Optional Materials
- Handouts and materials on how to perform crunches properly.
- Handouts and materials on how to perform push-ups properly.
- Handouts on how to perform the mini salute correctly.
- Classroom etiquette handouts.

Did You Know?
- It is appropriate to use a salute when entering or leaving a Chinese martial arts school? It is also appropriate to give the salute to the instructor(s) and other students. Learn the salute, and use it at the beginning and end of each class.

Tips/Suggestions
- Add timed crunches to the workout.
- Make the workout component of the class a competition.
- Read more about a favorite martial art and share it with the students.
- Recognize positive behaviors from the students and encourage those behaviors. This is far better than giving attention to the negative behaviors!
Organizing Students in the Classroom Space

- Mix up the formats for activities! Use line drills, drills in circles, drills with partners, etc.

Class Activities

4.1 Stretching and Warm-Up Exercises 8 minutes
- Begin class with a short period of low-intensity cardio exercises to warm the body; jumping jacks, windmills, moving around the room or moving in place.
- Follow up the cardio with a general stretch of the body to facilitate blood flow to the large muscle groups and prepare students’ bodies for exercising.
- Review the hamstring muscle and ways to stretch it.

4.2 Physical Exercises 8 minutes
- Demonstrate how to exercise the hamstring muscle.
  - Perform stationary lunges.
  - Perform lunges across the room.
  - Lead other hamstring exercises.
- Demonstrate how to properly perform a push-up, including modified push-ups, and have students complete at least six.
- Demonstrate how to perform two types of crunches and instruct students to perform 15 of each for a total of 30.

4.3 Health Topic/Team-Building Activity 14 minutes
- See attached Activity Spotlight — “Martial Arts Bingo”

4.4 Martial Arts Lesson 14 minutes
1. Introduction to the mini salute.
   - Place the right fist in the palm of the left hand, holding the two hands in front of the chest, and inclining the head and upper body slightly in the direction of the person being saluted. Once the students have mastered this, add a right cat stance to the salute.
   - First have students perform kicking combinations in the air.
   - Then have students deliver kicks to a shield held by the instructor.
   - Then have students deliver kicks to a shield held by a student partner.
   - Additional drills:
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- Students performing kicking combinations while moving across the room while the instructor holds the shield.
- Students perform kicking combinations while moving across the room while a student partner holds the shield.

4.5 Cool-Down and Class Review 6 minutes

- Lead students in stretching all of the major muscle groups that have been used during class.
- Stretch each muscle group for 20 to 30 seconds, up to 2 to 3 times.
- Review the key points of today’s lesson:
  - Hamstring muscle
  - Lunges
  - Gung Fu/Kung Fu
  - Jiu-jitsu
  - Karate
  - Tai Chi
  - Aikido
  - Judo
  - Tae Kwon Do
  - Respect
Activity Spotlight
Martial Arts Bingo

Purpose: To teach students about the different Martial Arts and their origins.

Group Size: As many as you like, as long as you have enough Bingo cards. If not, work in teams.

Estimated Time: 15 minutes

Props/Materials: Blank bingo cards, markers for bingo card (See attached)

Instructions:
1. Write the key words (bolded below) onto a chalkboard, dry erase board or flip chart where all students can see.
2. Give a five-minute lecture on the history of the following Martial Arts including the following information:

**Kung Fu**
- Also known as Gung Fu
- Means “skill,” “great effort”
- Originated in China
- Can be traced back thousands of years
- Uses strikes and kicks

**Aikido**
- Japanese Martial Art
- Means “the way of harmonious spirit”
- Relies on redirecting and controlling an attacker’s force using unbalancing and joint manipulating techniques

**Jiu-jitsu**
- Developed in Japan
- Uses strikes coupled with throwing and grappling techniques
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**Judo**
- Originated in Japan
- Teaches how to use leverage to throw an opponent of any size
- Highly combative system

**Karate**
- Means “empty hand”
- Originated in Okinawa
- Offers a balance of upper and lower body defensive techniques

**Tae Kwon Do**
- Means “foot hand way”
- Originated in Korea
- Uses strikes and kicks, but emphasizes kicks
- Is a competitive sport and can be seen in the Olympic Games

**Tai Chi Chuan**
- An ancient system developed in China.
- Based on circular, flowing movements
- Techniques are practiced slowly, but it is also a combat system

**Respect**
- A willingness to show consideration or appreciation to others
- Showing high regard for an authority, other people, self and country
- Treating others as you would want to be treated. Understanding that all people have value as human beings
- Respect enables people to work together in a complimentary fashion, instead of each person having to understand or even agree with every detail of another's method

3. Give each student a blank 25-space Martial Arts Bingo Card (See attached) and a marker to mark the boxes.
4. Ask students to write “free space” in the center of their card.
5. Ask the students to place one of the following words in eight of the boxes in a random order.
   - Kung Fu
   - Karate
   - Aikido
   - Tae Kwon Do
   - Jiu-jitsu
   - Tai Chi Chuan
   - Judo
   - Respect
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6. Ask the students to write each of the eight words again in an empty box.
7. Repeat one more time. (Each word will be written three times.)
8. Ask questions about the information just reviewed. Prepare at least three questions on each martial Art style. For example:
   ▪ “What is a Martial Art style that originated in China and means ‘great effort’?” (Kung Fu)
   ▪ “What is a competitive martial art that originated in Korea?” (Tae Kwon Do)
9. Students will mark the answers on their Bingo cards.
10. Put the question cards you read in a separate pile after you read them. Once a student yells “Bingo,” have her/him tell you the words they marked. Use this report to double check against the question cards in the pile to see if she/he correctly completed her/his card. This is a great opportunity to review the material as well.
11. Give prizes as appropriate.
12. Repeat the game as desired or as time allows.

Variations:
▪ Have students work in teams.
▪ Display ALL of the information provided today on a foam board for all of the students to see. Halfway through the game remove the board so that students have to recall the information.
▪ Display the names of the martial arts ONLY, not the particulars on each art. Keep this information in view the entire game or remove this information halfway through the game.
▪ Add additional material.
▪ Make questions harder or easier depending on the student population.

Notes:
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Martial Arts Bingo

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