Black Tiger Academy’s Martial Arts Fitness
Teaching and inspiring students to pursue lifelong fitness and wellness.

Goal of Lesson 5

- To learn how to work as a team, and to review the muscles, exercises and martial arts techniques learned to date.

Lesson 5 Learning Objectives

After participating in Lessons 1-5, students will, cumulatively:

- Be able to identify at least one benefit of cardiovascular activity.
- Be able to identify the importance of stretching and flexibility.
- Be able to locate, and then demonstrate exercises for the bicep, tricep and hamstring muscles.
- Be able to understand how to perform push-ups correctly.
- Be able to perform six push-ups.
- Be able to understand how to perform two types of crunches correctly.
- Be able to perform 40 crunches.
- Be able to identify two different kinds 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 the cat and crane stances.
- 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

5.1 Stretching and Warm-Up Exercises 8 minutes
5.2 Physical Exercises 8 minutes
5.3 Health Topic/Team-Building Activity 14 minutes
5.4 Martial Arts Lesson 14 minutes
5.5 Cool-Down and Class Review 6 minutes

People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Key Terms

- Biceps
- Respect
- Blocker
- Karate
- Quadriceps
- Kicking Shield
- Tae Kwon Do
- Push-ups
- Jiu-jitsu
- Gung Fu/Kung Fu
Black Tiger Academy’s Martial Arts Fitness
Teaching and inspiring students to pursue lifelong fitness and wellness.

Teacher Preparation
☐ Review Lessons 1 – 4 in order to be able to conduct a review with students.
☐ Gather materials for Activity Spotlight.

Required Materials and Equipment
• Materials for Team Tower activity (See Activity Spotlight)
• Resistance bands
• Foam blocker
• Kicking shield
• Jump rope for each student.

Optional Materials
• Handouts, pictures and additional material on biceps, triceps and hamstring muscles.
• Handouts on how to perform crunches and push-ups properly.
• Handouts and materials on various styles of martial arts.
• Handouts on how to perform the mini salute correctly.
• Classroom etiquette handouts.

Tips/Suggestions
• Ask students to lead a resistance bands exercise as a way of reviewing the muscles learned to date.
• Ask a student to lead crunches and a different student to lead push-ups.

Valuable Information for Students
• By repeating movements over and over again and focusing on what is going on internally (mentally and emotionally) as well as physically, individuals can reach a higher level of awareness of their self and the world around them.

Organizing Students in the Classroom Space
• Use different methods of dividing the group into teams. For example, ask them to stand in order of height, and then count off into teams.
# Black Tiger Academy’s Martial Arts Fitness

Teaching and inspiring students to pursue lifelong fitness and wellness.

## Class Activities

<table>
<thead>
<tr>
<th>5.1 Stretching and Warm-Up Exercises</th>
<th>8 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>- 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.</td>
<td></td>
</tr>
<tr>
<td>- Follow with a general stretch of the body to facilitate blood flow to the large muscle groups and prepare the body for exercise.</td>
<td></td>
</tr>
<tr>
<td>- Review stretches for the bicep, tricep and hamstring muscles.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5.2 Physical Exercises</th>
<th>8 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Using the resistance bands, complete exercises for the bicep, tricep and hamstring muscles.</td>
<td></td>
</tr>
<tr>
<td>- Demonstrate how to perform two types of crunches and instruct students to perform 20 of each, for a total of 40 crunches.</td>
<td></td>
</tr>
<tr>
<td>- Demonstrate how to properly perform a push-up, including modified push-ups, and instruct students to complete six.</td>
<td></td>
</tr>
<tr>
<td>- If time permits, include jump rope exercises.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5.3 Health Topic/Team-Building Activity</th>
<th>14 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>- See attached Activity Spotlight — “Team Tower”</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5.4 Martial Arts Lesson</th>
<th>14 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Review the mini salute.</td>
<td></td>
</tr>
<tr>
<td>- Review cat and crane stances.</td>
<td></td>
</tr>
<tr>
<td>- Review snap and thrust kicks.</td>
<td></td>
</tr>
<tr>
<td>- Review how to hold a kicking shield safely and properly.</td>
<td></td>
</tr>
<tr>
<td>- Have students practice snap and thrust kick combinations against a shield held by a partner.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5.5 Cool-Down and Class Review</th>
<th>6 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Stretch all the major muscle groups that you have used during class.</td>
<td></td>
</tr>
<tr>
<td>- Stretch each muscle group for 20 to 30 seconds, up to two to three times.</td>
<td></td>
</tr>
<tr>
<td>- Review the key points of today’s lesson:</td>
<td></td>
</tr>
<tr>
<td>- Biceps and triceps and hamstring muscles.</td>
<td></td>
</tr>
<tr>
<td>- Cat and crane stances</td>
<td></td>
</tr>
<tr>
<td>- Snap and thrust kicks.</td>
<td></td>
</tr>
</tbody>
</table>
Activity Spotlight
Team Tower

Purpose: To help students learn to work as a team and accomplish a task together.

Group Size: Two or more students. Divide a large group of students into groups of two to six.

Estimated Time: 10 to 15 minutes.

Props/materials: Raw spaghetti and marshmallows or Gum drops and toothpicks or Paper cups and a pack of chewing gum or Plastic straws and a length of masking tape or Other materials that could be used to make a tall, tabletop, tower-like structure

Instructions:
1. Divide students into groups of two to six.
2. Give each group a pile of the supplies.
3. Challenge them to build the tallest tower they can using only the supplies given to them.
4. Give the group a time limit.
5. At the end of the allotted time, ask the groups to show their creation to the rest of the groups.
6. Discuss how the activity went, including:
   - How did you start the project?
   - Was getting started harder or easier than actually building the structure?
   - Did you have a plan or did everyone just start building?
   - Was your group successful with the strategy that you chose?
   - Did anyone in your group emerge as a leader? If so, how did you feel about this? If not, do you wish that someone had?
   - What were the benefits of doing this activity as part of a team?
Black Tiger Academy’s Martial Arts Fitness
Teaching and inspiring students to pursue lifelong fitness and wellness.

Variations:
- Use different materials.
- Change the discussion questions.
- Divide the teams into boy/girl teams.

Notes:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________