Goal of Lesson 7

- To learn how to exercise the quadriceps muscle, to understand more about the ingredients of self-discipline, and be introduced to round house kicks.

Lesson 7 Learning Objectives

After participating in Lesson 7, students will:

- Be able to locate the quadriceps muscle.
- Be able to perform eight push-ups.
- Be able to understand how to perform three types of crunches correctly.
- Be able to perform 60 crunches, including three different types.
- Begin to understand some of the ingredients of self-discipline.
- Be able to recite three classroom rules of the Martial Arts Fitness Program.
- Be able to demonstrate the “mini salute”.
- Be able to perform an upward block.
- Be more familiar with round-house kicks.

Length of Class

50 Minutes

"Talent without discipline is like an octopus on roller skates. There's plenty of movement, but you never know if it's going to be forward, backwards, or sideways." — H. Jackson Brown, Jr

Class Activities

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Key Terms:

- Quadriceps
- Blocker
- Crunches
- Self discipline
- Push-ups
- Forward stance
- Kicking shield
- Upward block
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Teacher Preparation
- Prepare Tic-Tac-Toe game (See Activity Spotlight).
- Practice round-house kicks.

Required Materials and Equipment
- Materials for “Tic-Tac-Toe” (See Activity Spotlight)
- Resistance bands
- Foam blocker
- Kicking target (AKA clapper or paddle)
- Jump ropes

Optional Materials
- Handouts, pictures and additional material on quadriceps muscle.
- Handouts on how to perform crunches and push-ups correctly.
- Handouts on how to perform the mini salute correctly.
- Classroom etiquette handouts.

Tips/Suggestions
- Ask students to demonstrate stretches of muscles that they have learned to date.
- Ask individual student(s) to lead crunches and push-ups.

Valuable Information for Students
- If a student wants to develop high, powerful kicks, his/her regimen must include drills designed to stretch and strengthen the legs. Progressive stretching exercises, coupled with weight training or resistance drills can result in impressive gains.

Organizing Students in the Classroom Space
- Rotate student partners.
- Offer competitions involving round house kicks. Have students compete against each other to see who can do the most correctly in a fixed amount of time, or have students compete against the clock by trying to increase the number kicks performed correctly in a fixed amount of time.
Class Activities

7.1 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 with a general stretch of the body to facilitate blood flow to the large muscle groups and prepare the body for exercise.

7.2 Physical Exercises 8 minutes
- Using the resistance bands, complete exercises for the bicep, tricep, hamstring and quadriceps muscles.
- Demonstrate how to perform three types of crunches and instruct students to perform a total of 60. (i.e. 20, 20 and 20).
- Demonstrate how to properly perform a push-up, including modified push-ups, and have students complete eight correctly.
- Practice jumping rope!

7.3 Health Topic/Team-Building Activity 14 minutes
- See attached Activity Spotlight — “Tic-Tac-Toe”

7.4 Martial Arts Lesson 14 minutes
- Introduce round house kicks. With the instructor holding the kicking target, students practice round house kicks.
- If there are enough kicking targets, have students partner up and work together. See how many kicks a student can perform in a specified amount of time. Invent other competitions!
- As time permits, practice cat and crane stances, upward blocks and kicks to shields.

7.5 Cool-Down and Class Review 6 minutes
- Stretch all the major muscle groups that you have used during class.
  - Stretch each muscle group for 20 to 30 seconds, up to two to three times.
  - Review the key point of today’s lesson:
    - The ingredients of self-discipline
    - Round house kicks
Activity Spotlight

Tic-Tac-Toe

Purpose: To help students learn about “the ingredients of self-discipline.”

Group Size: 4 – 20 students.

Estimated Time: 10 to 15 minutes.

Props/materials: Flip chart and markers

Instructions:
1. Give a five-minute introduction to “the ingredients of self-discipline.” Give appropriate examples of what each of these ingredients means in the lives of the students.
   - **Self-Control** — The act of controlling our emotions, actions, thoughts, words and personal direction.
   - **Motivation** — The “fire inside” that fuels our efforts and makes accomplishments worth achieving.
   - **Persistence** — The ability to continue through adversity. The ability to brush off failure and stay focused on our goals.
   - **Goals** — Those tangible achievements that breed motivation and form our definitions of happiness and success.
2. Create a Tic-Toe-Toe game board on a large flip chart and place it so that everyone can see it.
3. Organize students into two teams.
4. Determine which team will go first (flip a coin?).
5. Explain that you are going to read questions about “the ingredients of self-discipline,” and each team will score points for every correct answer given when it is their team’s turn. (See attached for questions.)
6. Explain the rules of the game:
   - The first team will choose a square and then listen to a question.
   - The first team has ____ seconds to answer the question. The first response counts, so the team should consider carefully before calling out their answer.
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- If the answer is correct, a representative from the first team places an X in the square chosen by the team. If the answer is incorrect, give the second team a chance to answer. However, they do not get an O if their answer is correct. Each team can only score on their own turn.
  - The second team then selects a square and responds to a question.
  - The game will continue with teams alternating turns until one team gets three in a row or all of the squares are filled.
  - The winner is the team that gets three in a row. If neither team gets three in a row, the winner is the team with the most squares.

Variations:
- Make the objective to get the most squares rather than three in a row.
- Use a board with more or fewer squares.

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“The Ingredients of Self-Discipline” Tic Tac Toe Questions

1. What is another word for our “fire inside”? (A: motivation)
2. The act of controlling our emotions is? (A: self-control)
3. These are tangible achievements that we work for. (A: goals)
4. This gives us the drive to keep doing something. (A: motivation)
5. What would you call the ability to continue through adversity? (A: persistence)
6. The act of controlling our thoughts is? (A: self-control)
7. What fuels our efforts and makes accomplishments worth achieving? (A: motivation)
8. With this ingredient we have the ability to brush off failures and stay focused on our goals. (A: persistence)
9. When we put these in writing, we are more likely to achieve them. (A: goals)
10. If you “bite your tongue,” you are showing? (A: self-control)
11. Keeping at something, although difficult is called? (A: persistence)
12. We set these and they form our definitions of happiness and success. (A: goals)
13. Learning to say NO to our destructive feelings and our unhealthy cravings is an example of? (A: self-control)
14. Planning to never give up, no matter how long it takes is an example of this. (A: persistence)