Goal of Lesson 11

- To learn about the trapezius muscle, to understand more about meditation and to be introduced to downward blocks.

Lesson 11 Learning Objectives

After participating in Lesson 11, students will:

- Be able to locate the trapezius muscle.
- Be able to perform 11 push-ups.
- Be able to perform a “dip” exercise correctly to strengthen the triceps muscle.
- Be able to perform 15 dips.
- Be introduced to a new type of crunch, and then be able to perform five different types of crunches correctly.
- Be able to perform 90 crunches.
- Be able to demonstrate a “cleansing breath.”
- Be able to identify two benefits of meditation.
- Be able to recite five classroom rules of the Martial Arts Fitness Program.
- Be introduced to the horse stance.
- Be introduced to down blocks.

Length of Class

50 Minutes

“Mastering others is strength. Mastering yourself is true power.” — Lao Tzu

Class Activities

11.1 Stretching and Warm-Up exercises 8 minutes
11.2 Physical Exercises 8 minutes
11.3 Health Topic/Team-Building Activity 14 minutes
11.4 Martial Arts Lesson 14 minutes
11.5 Cool-Down and Class Review 6 minutes

Key Terms:
- Trapezius
- Down blocks
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Teacher Preparation
- Review “Guided Meditation.” (See Activity Spotlight)
- Learn how to teach a “dip” correctly.
- Practice horse stances.
- Practice down blocks.
- Learn about “hands in the wind.”

Required Materials and Equipment
- Materials for “Guided Meditation” activity (see Activity Spotlight).
- Resistance bands
- Foam blocker

Optional Materials
- Handouts, pictures and additional material on trapezius muscle.
- Handouts on meditation.
- Classroom etiquette handouts.

Tips/Suggestions
- Play soothing background music during the guided meditation practice.
- Create your own guided meditation script. Be comfortable and natural in your speech when reading from the script.

Valuable Information for Students
- Stress arises from emotions such as fear, anger and frustration that get in the way of us achieving our goals. Such emotions can create conflict over whether those goals are worth pursuing relative to taking an easier path. In this way, stress may contribute to us not being able to fulfill our responsibilities or achieve our goals.

Organizing Students in the Classroom Space
- Have students work as partners, and rotate partners regularly.
- Use a timer to make partner rotations regular and consistent.
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Class Activities

11.1 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.

11.2 Physical Exercises 8 minutes
- Demonstrate how to perform five types of crunches and instruct students to perform a total of 90. (Using the following repetitions, or “reps;” 20, 20, 20, 20 and 10. Give students an appropriate amount of rest in between repetitions).
- Demonstrate how to properly perform a push-up, including modified push-ups, and instruct students to complete 11 correctly.
- Introduce the exercise: “dips” to strengthen the triceps muscle, and instruct students to perform 15.
- Lead students in resistance band exercises to strengthen the trapezius muscle.

11.3 Health Topic/Team-Building Activity 14 minutes
- See attached Activity Spotlight — “Guided Meditation”

11.4 Martial Arts Lesson 14 minutes
- Review how to hold and use the foam blockers correctly.
- Introduce downward blocks. Use the foam blocker to simulate a kick to the student’s groin area (The foam blocker is acting as a kicking leg.) The student practices the block downward.
- Have students stand in horse stance.
- Ask them to use one hand to block, then both hands.
- Time how long they can maintain the horse stance.
- As time permits, practice cat and crane stances, and kicks to shields.

11.5 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, two to three times.
- While maintaining a horse stance, students will perform “hands in the wind,” a mind training exercise to focus the mind and exercise the legs. Hold this stance for 30 seconds.
Activity Spotlight
Guided Meditation

Purpose: To teach students about meditation, to help them relax and focus their minds.

Group Size: Any size group, as long as they can hear you.

Estimated Time: 10 to 15 minutes.

Props/materials: Mats (if lying or sitting on the floor).

Instructions:
1. Ask the students to find a comfortable place lying on the floor. (This can also be done while sitting on the floor or sitting on a chair or at a desk.)
2. Begin by asking the students to close their eyes and take deep, cleansing breaths, inhaling and exhaling.
3. Continue using the Guided Meditation Script (See attached).
4. Follow up: Discuss how the exercise felt to the students.

Variations:
- Try the exercise in a sitting position.
- Change the script.

Notes:
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Guided Meditation Script

For the next couple of minutes, just concentrate on your breathing. To the best of your ability, see your lungs ... focus on how they feel while they're completely expanded, and then how they feel after you exhale.

Be aware that there's no right way and no wrong way to do what you're doing now ... that whatever results you get are perfect results, and that if all you do is relax, that's wonderful.

This is not a time to be worrying about any of the things that are happening in your day-to-day life. This is a time only for you. For this period of time, you can give yourself permission to relax completely. You will not be out of control. You can feel completely secure.

Again, concentrate on your lungs. Picture them in your mind’s eye. Try to see them filled ... try to imagine them after you relax. And if your mind drifts away, and you want to, just bring it slowly back to where you are or where you want it to be. You are doing nothing wrong, and anything you do will be a success. And if you hear my voice, that’ll be fine...and if you don’t, that’s fine, too. You can be absolutely sure that your subconscious is hearing every word I say.

Inhale deeply through your nose. Slowly and gently allow your exhalation to be longer than your inhalation.

Let your next inhalation and exhalation to occur naturally.

Again, inhale deeply through your nose. Slowly and gently allow your exhalation to be longer than your inhalation.

Again, let your next inhalation and exhalation to occur naturally. One last time, inhale deeply through your nose. Slowly and gently allow your exhalation to be longer than your inhalation.

Now survey your body.

Now pay attention to your left foot, and the toes on your left foot, and your ankle, and let them all relax ... and all the cares and tensions of the day just drain down into the floor. Consciously let them relax ... and any noise you hear will only serve to deepen your relaxation.
And now pay attention to your right shoulder. All the muscles of your right shoulder completely relax. All the cares of the day drain away and leave you. And consciously check your right shoulder to see if there's any tension there. Think about it.

And now all of the muscles and tendons of your right foot, and the toes of your right foot, and the ankle — just let them relax.

And now the calf of your right leg, let it relax. And for this short time, in your mind’s eye, perhaps you can see that wonderfully long bone running from your ankle to your knee in you right leg ... see how wonderfully straight and long and solid it is — what a wonderful feat of construction. Let it relax ... let all the muscles just relax ... and let the muscles of your left calf relax.

Imagine yourself relaxing far, far into the future, and way, way back into the past.

Remember that this is a process ... just like when you were a very, very little person and you didn't know how to ride a bicycle, or tell time, or read. When you were out learning to ride a bicycle, you couldn’t even tell how long you were out there because you couldn’t tell time, and you didn’t know whether there was a difference between writing and printing ... and this is also a learning process ... learning to relax ... learning to be at ease. Just breathe and relax.

And now let all the muscles of your left shoulder completely relax. Let it just droop toward the ground and rest comfortably against the seat you’re in. Let it relax.

And now the muscles of your stomach ... Let your stomach just hang out ... let it just be relaxed.

Once again, it’s like when you were a very, very little person, just learning how to do all of the things you had to do, like telling time and reading...

And now the muscles of your left thigh ... This is a time for relaxation and you don't have to go to sleep ... but if you do, that’s fine ... and if my
voice drifts away, that’s fine ... and if your mind drifts away, that’s fine, too. Whatever you do is wonderful. Completely relax.

And now all the muscles of the right thigh ... just let them relax. All the tensions of the day just drain out of them into the seat below you. And there’s that word RELAX. Conscious in your mind is the word RELAX, way, way back in the past ... just in the past. .. and right behind your forehead.

Relax all the muscles of your face now ... the muscles of your lips, your cheeks, and your forehead — just let them fall toward the ground.

And your stomach.

And your chest ... once again, your chest is relaxed.

Now you’re back ...

And your entire right arm and the fingers of your right hand. And if there’s any part of your body that’s not completely relaxed already, it soon will be.

You may be surprised to see how relaxed you are already. That may come as a surprise to you ... and as I said, if there’s any part of your body that’s not yet relaxed, it soon will be. And if there’s any part of your body that’s not feeling as comfortable as it might, concentrate on that part of the body for the next few seconds ... just think of it ... and send all the endorphins* of the brain down in that area.

Consciously be aware of any part of your body that’s not as comfortable as it might be. Breathe. Relax.

And now let all the muscles and sinews and tendons of your left arm and your left hand and the fingers of your left hand completely relax.

And let all the muscles of your neck and your shoulders and your chest and your buttocks and the whole pelvic area relax now ...

Think about the whole pelvic area ... return once again to relaxing your face ... and your head ... And if my voice drifts away, that’s fine, just as
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long as you’re comfortable and relaxing.

And now, see yourself at the top of a flight of ten steps, going down.

You’ve been at the top of stairs before, and you will be again. So this is completely familiar to you. This is a time when you can just put your trust in the world. You will never be out of control in any way.

You can trust ... like you did when you were a very, very little person. And everything is going to turn out exactly as you want it to.

We’re going to walk down these steps together, if you want to, and with every step down you take, you’re going to relax just a little bit more.

And now take the first step down ... and you’ve taken one step down, and you have nine to go. And with every step down, you relax just a little bit more. And any noise you hear will serve to relax you just a little bit more.

And far, far out in the future, and way, way back in the past and right behind your forehead is that word: RELAX.

And now, you take another step down. And with every step down, you relax just a little bit more, and now you have taken two steps down, and you have eight steps to go ... and take another step down ... relaxing just a little bit more with every step you go down.

And feel that relaxation in your body ... you may be surprised at how relaxed you feel already. And now take another step down, and that’s four steps down, and you have six to go.

This is a time for relaxation.

It’s not necessary for you to go to sleep, but if you want to, that’s fine. If it happens, that’s fine; or if your mind drifts away, that’s fine. Nothing that you do is wrong.

Take one more step down. And now you’re halfway down the stairs ... You have five more steps to go ... and you take another step down. And see yourself, consciously see yourself, on the sixth step down, and think
about how comfortable you feel, and how secure you feel, and how trusting you feel.

And now another step down ... and now you’ve taken seven steps down and you have three to go. And there’s that word RELAX shining way, way out in the heavens and behind your forehead at the same time ...

And you take another step down ... and you’ve taken eight steps and you have two more to go.

And now take one more step ... and you’ve taken nine steps down and you have one to go ...

And now take that last step down, and you’re all the way down to the bottom of the stairs. And you may be surprised at how relaxed you really are.

And now, if you want to, and it’s easy for you to do ... perhaps you can see yourself on a lovely, lovely, warm, comfortable beach. And way out in front of you is a calm, calm, very blue ocean. Very calm and very blue.

And see if you can smell what the ocean smells like. Really try to smell it. Be there. And the sun is just beating down on your body in a way that can’t hurt you under any circumstances ... and feel the cool breeze over your body and how comfortable that feels.

And hear the ocean lapping on the shore. Listen to what it sounds like. And underneath your feet is the warm sand, just the right temperature, the way you like it best. And behind you is an enormous beach, friendly and protective and just wonderful.

And now, while you’re standing there, perhaps you can see yourself as a very, very little person at a time when you were very happy, very content, and very secure.

And feel that happiness, and feel that security, and feel that carefree feeling, and know that that’s you ... And remember that any noise you hear will just relax you further.
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And you can call back this feeling of happiness and contentment any time you want to ... it’s your feeling and it’s your memory. The only one in the world who has that memory is you.

And now, if you want to, see yourself standing on the beach once again, as an adult ...

And now, if you want to, knowing that there’s a large, comfortable beach towel on the beach to guard your head, see yourself lie down on your back and feel how secure the ground is under you.

And now, I’m going to be quiet for a minute or two, and while I’m quiet, perhaps you’ll want to continue to relax and focus, and think about doing all the things that you want to do with your future.

Visualize yourself as a successful, happy, dynamic individual.

Visualize the person that you want to be.

[Pause 60 seconds]

And now, see yourself at the bottom of the same flight of stairs you just came down, and we’ll walk up those stairs together. When you reach the top of the stairs, you will be back at a place where you started, feeling completely alert, at least as well as you felt when we started, and most likely much better.

And take the first step up. And now the second step up [speak slowly here] ...and the third, and the fourth, and the fifth... and you’re halfway up...

And when you reach the tenth step, you’ll be back in the place where you started, feeling completely alert and at least as well as you felt when you started and, perhaps and most likely, much better.

And now, take the next step up, and you’re back at the place where you started ... feeling completely alert and at least as well as you felt when you started, and most likely much better... and you can open your eyes at any time.