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

Goal of Lesson 13
- To learn about the rhomboids muscle, to understand more about diabetes and to practice downward blocks.

Lesson 13 Learning Objectives
After participating in Lesson 13, students will:
- Be able to locate the rhomboids muscle.
- Be able to perform 12 push-ups correctly.
- Be able to perform 18 dips correctly.
- Be introduced to a new type of crunch, and then be able to perform six different types of crunches correctly.
- Be able to perform 110 crunches.
- Be familiar with the causes and effects of diabetes.
- Be able to recite six classroom rules of the Martial Arts Fitness Program.
- Be familiar with downward blocks and be able to demonstrate their use.

Length of Class
50 Minutes

"You can never conquer the mountain. You can only conquer yourself." — Jim Whittaker

Class Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>13.1  Stretching and Warm-Up Exercises</td>
<td>8 min</td>
</tr>
<tr>
<td>13.2  Physical Exercises</td>
<td>8 min</td>
</tr>
<tr>
<td>13.3  Health Topic/Team-Building Activity</td>
<td>14 min</td>
</tr>
<tr>
<td>13.4  Martial Arts Lesson</td>
<td>14 min</td>
</tr>
<tr>
<td>13.5  Cool-Down and Class Review</td>
<td>6 min</td>
</tr>
</tbody>
</table>

Key Terms:
- Rhomboids
- Stepping side kicks (aka Leaping side kicks)
- Diabetes
- Insulin
Black Tiger Academy’s Martial Arts Fitness
Teaching and inspiring students to pursue lifelong fitness and wellness.

Teacher Preparation
☐ Review the “You Said It” activity. (See Activity Spotlight)
☐ Read about diabetes, its causes and side effects.
☐ Practice downward blocks.
☐ Practice stepping side kicks.

Required Materials and Equipment
- Materials for “You Said It” activity (see attached).
- Resistance bands
- Foam blocker

Optional Materials
- Handouts, pictures and additional material on rhomboids muscle.
- Handouts on diabetes prevention.
- Classroom etiquette handouts.

Tips/Suggestions
- As an additional lesson, bring in a guest speaker with Type 2 diabetes and let that person share his/her story. How has his/her life been affected by the disease? What are the side effects? What could he/she have done differently in the hopes of preventing it, etc?

Valuable Information for Students
- People with diabetes have the inability to produce enough insulin, the hormone your body uses to metabolize carbohydrates. Diabetes can sometimes be managed with diet alone. At other times, a patient needs to administer insulin, usually as an injection.

Organizing Students in the Classroom Space
- Have students practice stepping side kicks with two attackers.
- Position shield holders on opposite sides of each other, and the kicker will move back and forth between the shields.
Class Activities

13.1 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.

13.2 Physical Exercises  8 minutes
- Demonstrate how to perform five types of crunches and instruct students to perform a total of 110. (i.e. 20, 20, 20, 20, 20 and 10).
- Demonstrate how to properly perform a push-up, including modified push-ups, and complete 12.
- Perform 18 dips.
- Perform resistant band exercises to strengthen the rhomboid muscle.
- Perform lunges and squats to strengthen legs.

13.3 Health Topic/Team-Building Activity  14 minutes
- See attached Activity Spotlight — “You Said It!”

13.4 Martial Arts Lesson  14 minutes
- Practice upward and down blocks.
  o Divide into groups and practice with partners.
  o Have students form a line and move with the blocker quickly, from one student to another.
- As time permits, practice other kicks to shields.

13.5 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.
- While stretching, review the key points of today’s lesson:
  o Diabetes
  o Causes
  o Prevention
  o Symptoms
Activity Spotlight
You Said It!

Purpose: To encourage listening skills while presenting information.

Group Size: Works for most size groups

Estimated Time: 10 to 15 minutes

Props/materials: Word cards, (one per student) prizes

Instructions:

1. Give each student a note card with a word from the presentation. Explain that the word pertains to the content of the session, and not to tell anyone else what the word is. Word suggestions include:

   - Blood sugar
   - Insulin
   - Obesity
   - Pancreas
   - Exercise
   - Thirst
   - Fatigue
   - Depression
   - Weight lifting
   - Eye disease
   - Kidney disease
   - Nerve disease
   - Stroke
   - Heart attack
   - Amputation

2. Explain the rules to the group:

   Each word was given out twice, so the two people who have the same word are in competition with one another.
   Each person should listen to the speaker, waiting to hear the word. When they hear it, they should call out “You said it!”
   You can only call out “you said it” if the person who speaks the word is not answering a question from you. (Therefore you can’t coerce that person into saying the word).

3. Give an interesting lecture on diabetes, its causes, its symptoms and its debilitating side effects, using the words that are on the note cards.

4. Watch the fun interactions and competitions.

5. Give prizes as you see fit.
Black Tiger Academy’s Martial Arts Fitness  
Teaching and inspiring students to pursue lifelong fitness and wellness.

6. Students stay awake during this presentation because the activity is about “committed listening.”

Variations:

- Have students keep a paper, and write down how many times the word is said. This could be done quietly or in addition to calling it out.
- For a small group, use only one person per word.
- Work in teams with a number of words per team.
- Have boy vs. girl teams.
- Give each student two or more words.

Notes:

________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________