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

Goal of Lesson 15
- To learn about character, and to review the muscles, exercises and martial arts techniques learned to date.

Lesson 15 Learning Objectives
After participating in Lessons 11-15, students will, cumulatively:
- Be able to locate and perform a strengthening exercise for the trapezius and rhomboids muscles.
- Be able to perform 12 push-ups.
- Be able to perform 18 dips.
- Be able to perform 120 crunches, including six different types.
- Be more aware of the positive character traits that are in each one of us.
- Be able to recite six classroom rules of the Martial Arts Fitness Program.
- Be able to demonstrate the “mini salute.”
- Be able to demonstrate the cat, crane, forward and horse stances.
- Be able to execute a round house kick, snap, thrust and stepping side kicks.
- Be able to demonstrate upward and down blocks.

Length of Class
50 Minutes

“A man without decision of character can never be said to belong to himself … He belongs to whatever can make captive of him.”
— John Foster, Author

Class Activities

| 15.1 Stretching and Warm-Up Exercises | 8 minutes |
| 15.2 Physical Exercises | 8 minutes |
| 15.3 Health Topic/Team-Building Activity | 14 minutes |
| 15.4 Martial Art Lesson | 14 minutes |
| 15.5 Cool-Down and Class Review | 6 minutes |

Key Terms:
- Rhomboids
- Saturated Fat
- Trans Fat
- Meditation
- Stepping side kicks
- Diabetes
- Trapezius
- Unsaturated Fat
- Insulin
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☐ Teacher Preparation
☐ Review lessons 11-14 in order to be able to conduct a review with students.
☐ Prepare for the “M&M™ Game” (See Activity Spotlight).

Required Materials and Equipment
- Materials for “M&M™ Game” (See Activity Spotlight)
- Resistance bands
- Medicine balls
- Foam blocker
- Kicking target

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

☞ Valuable Information for Students
- According to the expert report from the American Institute for Cancer Research, a diet high in fat possibly increases the risk of lung, colorectal, breast and prostate cancers. A high fat diet is also high in cholesterol and contributes to heart disease.

Organizing Students in the Classroom Space
- On review of lessons 5, 10, 15 and 20, have games, extra competitions, prizes and other special events to motivate the kids to participate and remember what they learned.
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Class Activities

15.1 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.

15.2 Physical Exercises 8 minutes
- Demonstrate how to perform six types of crunches and instruct students to perform a total of 120. (i.e. 20, 20, 20, 20, 20 and 20).
- Demonstrate how to properly perform a push-up, including modified push-ups, and complete 12.
- Perform 18 dips.
- Incorporate medicine ball exercises and activities.
- Ask students to lead resistance band exercises.

15.3 Health Topic/Team-Building Activity 14 minutes
- See attached Activity Spotlight — “M&M™ Game”

15.4 Martial Arts Lesson 14 minutes
- Review all stances, kicks and blocks learned to date.
- Have students perform these in varied formats, i.e. in a circle, in a line, with partners, etc.

15.5 Cool-Down and Class Review 6 minutes
- 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 60 seconds.
Activity Spotlight
M&M Game

Purpose: To teach students about positive character traits and ways to develop them.

Group Size: Up to 12 students. For larger groups, divide into smaller groups.

Estimated Time: 10 to 15 minutes.

Props/materials: At least one small bag of original M&Ms™ brand candy for every 3-4 students.
M&Ms™ Color Chart (See attached)
Very small cups or containers.

Instructions:
1. Divide students into groups of no more than about 12 students.
2. Ask students to sit in a circle: in desks, on chairs or on the floor.
3. Begin talking about positive character traits including the following:
   o **Responsibility**: Being accountable in word and deed. Having a sense of duty to fulfill tasks with reliability, dependability and commitment
   o **Perseverance**: Pursuing worthy objectives with determination and patience while exhibiting fortitude when confronted with failure.
   o **Caring**: Showing understanding of others by treating them with kindness, compassion, generosity and a forgiving spirit.
   o **Self-discipline**: Demonstrating hard work controlling your emotions, words, actions, impulses and desires. Giving your best in all situations. It is the ability to apply will power consistently over time and thus is the companion of will power. It is the ability to reject immediate satisfaction in order to achieve something better later on. It enables us to persevere in whatever we do. It helps us to withstand hardships and difficulties, whether physical, mental or emotional.
   o **Citizenship**: Being law abiding and involved in service to school, community and country.
   o **Honesty**: Telling the truth, admitting wrongdoing. Being trustworthy and acting with integrity.
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- **Courage**: Doing the right thing in face of difficulty and following your conscience instead of the crowd.
- **Fairness**: Practicing justice, equity and equality. Cooperating with one another. Recognizing the uniqueness and value of each individual within our diverse society.
- **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.
- **Integrity**: A firm adherence to a code of especially moral or artistic values. Being honest, trustworthy and incorruptible

4. Next give each student a very small cup or container to hold a few M&Ms™. (Students can also use their hands but M&Ms™ can be messy.)
5. Pass the bags (or bowl) of M&Ms™ around the circle, and tell each student to take as many as they like, up to about 10. (The more they take, the longer the activity will take.) Tell them NOT to eat them just yet!
6. Bring out the M&Ms™ Color Chart.
7. Begin with any student, and ask them to blindly take an M&Ms™ candy from their container, and answer the appropriate question. They can eat the M&Ms™ candy after they answer the question.
8. Encourage the students to give the question serious thought, and share an appropriate answer.
9. Did You Know? The average distribution of colors in a bag of M&Ms™ is: 13% Brown, 13% red, 14% yellow, 16% green, 20% orange and 24% blue.

Notes:

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## Character Color Chart

**Brown —** Talk about a positive character trait that you would like to achieve, or improve, and why you want to focus on it.

**Red —** Talk about someone in your life who is a role model for one of the positive character traits on our list.

**Yellow —** Share a personal story about a time when a friend demonstrated a negative character trait.
Green — Give an example of a trait (positive or negative) that is significant in your life right now.

Orange — Pick any character trait from our list and give an example of how you have used it in a negative way in your life.

Blue — Pick any character trait from our list and give an example of how you have used it in a positive way in your life.