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

**Goal of Lesson 18**
- To learn about the latissimus dorsi muscle, to understand more about goal setting, and to practice back lion blocks.

**Lesson 18 Learning Objectives**
After participating in Lesson 18, students will:
- Be able to locate the latissimus dorsi, also known as “lats” muscle.
- Be able to perform 14 push-ups.
- Be able to perform 22 dips.
- Be introduced to a new type of crunch, and then be able to perform eight different types of crunches correctly.
- Be able to perform 150 crunches.
- Be able to discuss the benefits of goal setting.
- Be familiar with double kicks (aka jump kicks).
- Be able to demonstrate a back lion block.

**Length of Class**
50 Minutes

“*There are no short cuts to any place worth going.*” — Beverly Sills

**Class Activities**

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**Key Terms:**
- Latissimus Dorsi muscle
- Back lion blocks
- Goal setting
- Double kicks
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Teacher Preparation
- Prepare for “Stringing Together Conversation” activity (See Activity Spotlight).
- Be familiar with the latissimus dorsi muscle and ways to strengthen it.
- Learn new styles of crunches.
- Practice double kicks and back lion blocks.

Required Materials and Equipment
- Materials for “Stringing Together Conversation” activity. (See Activity Spotlight).
- Kicking targets
- Shields

Optional Materials
- Handouts, pictures and additional material on latissimus dorsi muscle.
- Handouts on goals.
- Classroom etiquette handouts.

Tips/Suggestions
- Review all of the blocks learned to date and practice, practice, practice!

Valuable Information for Students
- What are your dreams? How can you realize your dreams? A goal is a “dream with a deadline.” Achieving goals requires writing them down, breaking the goals into achievable pieces, developing strategies for achievement and making a plan to accomplish each piece using those strategies.

Organizing Students in the Classroom Space
- When students are kicking shields or targets while moving around the room or moving in a line, you may want to have only half of the students working at once. This will allow you to supervise the action and give feedback to the students about their kicks, as well as to the students holding the kicking targets.
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Class Activities

18.1 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.

18.2 Physical Exercises 8 minutes
- Demonstrate how to perform seven types of crunches and instruct students to perform a total of 150.
- Demonstrate how to properly perform a push-up, including modified push-ups, and complete 14.
- Perform 22 dips.
- Using resistant bands review muscles learned to date, practicing saying muscle names while doing the exercises.

18.3 Health Topic/Team-Building Activity 14 minutes
- See attached Activity Spotlight — “Stringing Together Conversation”

18.4 Martial Arts Lesson 14 minutes
- Practice back lion blocks with partners.
- Practice all the kicks learned to date while moving across room, using both shields and kicking targets.

18.5 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 75 seconds.
- During this mind training exercise, review the key points of today’s lesson, asking students review questions if desired.
Activity Spotlight
Stringing Together Conversation

Purpose: To help students learn to understand goal setting, and begin to set short and long term goals.

Group Size: Two or more students. If the group is a large size, divide into smaller groups.

Estimated Time: 10 to 15 minutes.

Props/materials: Paper and pencils

Instructions:
1. Have students sit in a circle. Deliver a five-minute mini-lecture.
2. First talk about goals. Define a goal as a “dream with a deadline.”
3. Next discuss the difference between short-term and long-term goals.
4. Share the steps needed to make goals succeed:
   o writing them down,
   o breaking the goals into achievable pieces,
   o developing strategies for achievement, and
   o making a plan to accomplish each piece using those strategies.
5. Once your five minute mini-lecture is complete, explain that the group will do an activity focused on setting short and long term goals.
6. Give instructions for the activity:
   o Each person will state a goal. (Give an example of a goal, such as “My short term goal is to wake up on time for school in the morning.”)
   o We will move around the group, and “string a conversation together” about how the person who stated a goal can achieve this goal.
   o The person to the left of the person who stated the goal will repeat the stated goal and attach an idea for how to achieve the goal. For example, he or she might say: “The goal is to wake up on time for school in the morning and they can do this by setting the alarm the night before.”
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- The next person will continue to “string together” the ideas for strategies that are adding up to reach the goal. For example, he or she might say: “The goal is to wake up on time for school in the morning and they can do this by setting the alarm the night before (idea #1) and put the alarm clock across the room.”
- If a student cannot come up with a strategy, the instructor can make a suggestion, or ask another student to make a suggestion.
- Continue until everyone has had a turn stating a goal.

7. Pick a volunteer to start the activity.
8. If time allows, give an example of a long-term goal and repeat the activity using students’ long-term goals.

Variations:
- Write the goals down first.
- Don’t require students to repeat the entire “string” of ideas if this is too challenging.

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