Goal of Lesson 19

- To learn about the latissimus dorsi muscle and to practice double (jump) kicks. To learn how to recognize other people for their unique qualities and give positive recognition to them.

Lesson 19 Learning Objectives

After participating in Lesson 19, students will:

- Be able to locate and perform a strengthening exercise for the latissimus dorsi muscle.
- Be able to perform 14 push-ups.
- Be able to perform 22 dips.
- Be able to perform 160 crunches, including eight different types.
- Be able to give positive recognition to other students.
- Be able to demonstrate double kicks (aka jump kicks).
- Be able to demonstrate a back lion block.

Length of Class

50 Minutes

Class Activities

19.1 Stretching and Warm-Up Exercises 8 minutes
19.2 Physical Exercises 8 minutes
19.3 Health Topic/Team-Building Activity 14 minutes
19.4 Martial Arts Lesson 14 minutes
19.5 Cool-Down and Class Review 6 minutes

Key Terms:

- Latissimus Dorsi muscle
- Recognition
- Back lion blocks
- Double kicks

A candle loses nothing by lighting another candle." — Father James Keller
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☐ Teacher Preparation
☐ Prepare for the “Pay Day” activity (See Activity Spotlight).
☐ Be familiar with the Latissimus Dorsi muscle and ways to strengthen it.
☐ Learn more crunch styles.
☐ Practice double kicks and back lion blocks.
☐ Practice more ways of giving recognition to the students.

Required Materials and Equipment
- Materials for “Pay Day” activity. (See Activity Spotlight).
- Kicking targets
- Shields
- Foam blockers

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

💡 Tips/Suggestions
- Give lots of encouragement and recognition to all of the students. Everyone does something right some of the time!

Valuable Information for Students
- Recognition is defined as attention or favorable notice. It is the act of showing appreciation, usually publicly. Recognition is most often given in the presence of one’s peers in the form of either sincere words of appreciation or some kind of award.

Organizing Students in the Classroom Space
- Mix up the activities formats and the way you hold your class. If you normally face one direction, face another, make some changes to keep things different and exciting.
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Class Activities

19.1 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.

19.2 Physical Exercises  8 minutes
- Demonstrate how to perform eight types of crunches and instruct students to perform a total of 160.
- Demonstrate how to properly perform a push-up, including modified push-ups, and complete 14.
- Perform 22 dips.
- Pass medicine balls back and forth, randomly stating muscle names for review.
  o Have one student kneel on the floor, and the partner standing, and pass the medicine ball back and forth.

19.3 Health Topic/Team-Building Activity  14 minutes
- See attached Activity Spotlight — “Pay Day”

19.4 Martial Arts Lesson  14 minutes
- Play Simon Says to review all stances, blocks, kicks and other material learned to date.
  o Create ways to not eliminate students from the game.
  o Give prizes to the students left standing.

19.5 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 the mind training exercise, play calming music and ask the students to meditate.
Activity Spotlight
Pay Day!

Purpose: To help students learn how to recognize others for their unique qualities and give positive recognition to them.

Group Size: Any size, but would work best with a group from 6 – 20.

Estimated Time: 10 to 15 minutes.

Props/materials: Play money (Monopoly® money works great)
2 envelopes per person, one marked “To Give” and the other “Recognition.”
Place an equal amount of play money in each student’s “To Give” envelope. There should be lots of different dollar amounts.
Prizes or healthy snacks

Instructions:
1. Students should enjoy recognizing each other’s qualities and contributions. Begin class with a talk on the importance of recognizing each other, and having the ability to give compliments to each other.
2. Pass out a full “To Give” envelope and an empty “Recognition” envelope to each student.
3. Instruct them to use all of the money to reward one another for their contributions to the class, their great ideas and for their unique qualities. Give examples. Take a few moments for the students to reflect on the activities to date, and remember the qualities and contributions that each student gave. (You may need to remind students of some of the activities and lessons to date.)
4. Have them move about the room, talking to each other, and giving everyone at least one compliment and/or recognition. Tell them to give some “money” to each student after recognizing them (the amount is up to them). Have them take the money from the “To Give” envelope, and put the money they receive in the “Recognition” envelope.
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5. At the end of the class, you may want to provide an opportunity for students to “purchase” prizes (or healthy snacks, etc) with the money they earned in their “Recognition” envelope.

Variations:

- Use chips rather than dollars.
- Have a pile of “money” on the table, and ask them to take from the pile to reward others.

Notes:

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