

# ***Hi-YAWW! Incorporate Martial Arts into a General PE class.***

***Use martial arts in a variety of ways to warm-up a class or use as a standalone unit. Learn why martial arts are good for the brain and how to incorporate martial arts techniques into class warm-ups, circuit training, and relays.***

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## **Classroom Management**

Warm-up Activity

Attention Command – *Chah-reot*

Attendance / Note-cards

Divide class into groups

- Instructional Lines
- Exercise Lines

Formative Assessment

## **Advocacy Resources:**



“Spark” By Dr. John Ratey

“Brain Rules” By Dr. John Medina

Jean Blaydes Madigan – [ActionBasedLearning.com](http://ActionBasedLearning.com)

## **Brain Activities**

- Switch, Change, Rotate
- “Gotcha!”
- Thumb and Index Finger Change/Nose and Ear Change
- Neck/Chin Infinity Sign
- Hip Stretch / Elbow to Knee Stretch
- Crazy Eights
- Music Conductor
- Basketball Figure Eights – Passing/Dribbling – (Paper)
- Knife-hand Strike
- Passing Out Papers

## National Physical Education Standards

**Standard 1:** Demonstrate Competency in motor skills and movement patterns needed to perform a variety of physical activities.

- (*Psychomotor Domain*)

**Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- (*Cognitive Domain*)

**Standard 3:** Participates regularly in physical activity.

- (*ALL Domains*)

**Standard 4:** Achieves and maintains a health enhancing level of physical fitness.

- (*Fitness Domain*)

**Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- (*Affective Domain*)

**Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- (*Affective Domain*)

### **Equipment**

Swim Noodles - \$.50 - \$2.00  
Focus Pads – \$14.95-\$29.95  
Alligator Pads - \$15.00 - \$27.95  
Wave Master – \$99.99- \$139.99  
Boxer - Inexpensive Cardio Station - \$29.99  
Body Shields \$59.00- \$79.00  
Re-breakable Boards - \$30.00- \$40.00

### **Stances:**

Attention - Chah-reot  
Front  
Middle  
Sparring

### **Ki-Hap –**

Is Korean for the “YELL” that martial artists practice when executing their techniques.

- Forces the students to breath and use oxygen.
- Gives them extra power during their techniques.
- Builds confidence through vocalization.
- Relieves stress

### **Balance & Flexibility:**

- Balance Walk
- #2 Stretching Kicks

### **Strikes: (Focus Pads)**

- Punch (Jab)
- Front hand
- Reverse Punch (Cross)
- Knife-hand Strike

### **Cardiovascular Endurance**

- Fitness Ball Punches

### **Blocks: (Noodle Groups)**

- High
- Inner Forearm (Muscle)
- Low

### **Muscular Strength & Endurance**

- Planks & Push-Ups
- Front Stance - Step and Punch Relay

### **Kicks: (Alligator Pads)**

- (1, 2, 3, 4)
- Front
- Side

## Cardio – Kick Boxing

- 1 Jab
- 2 Cross
- 3 Kick with the Front Leg
- 4 Kick with the back leg
- With Music - “Eye of the Tiger” by Survivor

## 1<sup>st</sup> Nine Techniques

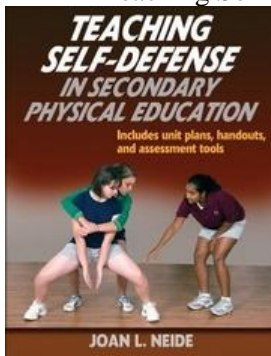
- “June Be” - Ready Position, “Si-Jak” GO.
- Step and High Block
- Reverse Punch
- #2 Front Kick
- Low Block
- Step and Punch
- Inner Forearm Block
- #3 Side Kick with a Ki-hap
- Knife-hand Strike
- Step and Punch
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## 2<sup>nd</sup> Nine Techniques

- Step and High Block
- Reverse Punch
- #2 Front Kick
- Low Block
- Step and Punch
- Inner Forearm Block
- #3 Side Kick with a Ki-hap
- Knife-hand Strike
- Step and Punch
- Freeze - “Barro” Return to Ready Position

## Self Defense

- Teaching Self-Defense in Secondary Physical Education By Joan L. Neide Human Kinetics \$23.00

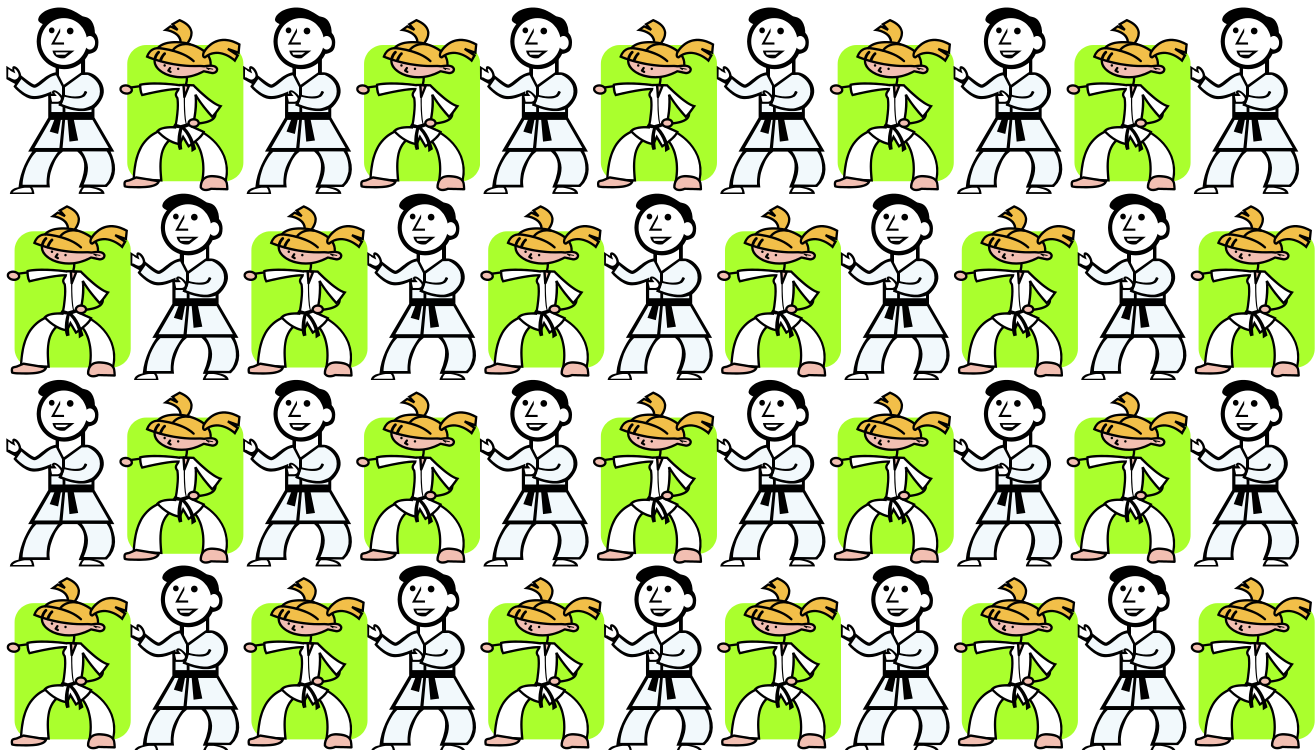


NAME \_\_\_\_\_

Period \_\_\_\_\_

**Tae Kwon Do – White Belt Form**  
**Form - Songham One – 9<sup>th</sup> Grade - 18 Moves**

#	Technique	KI-Hap	Side	Stance	Section
1.	High Block		Left	Front	High
2.	Reverse Punch		Right	Front	Middle
3.	#2 Front Kick		Right	--	Middle
4.	Low Block		Right	Front	Low
5.	Step and <b>Punch</b>		Left	Front	Middle
6.	Inner Forearm Block		Right	Middle	High
7.	#3 Side Kick	Ki-Hap	Right	--	Middle
8.	Knife-hand Strike		Right	Middle	Middle
9.	Step and <b>Punch</b>		Left	Front	High
10.	High Block		Right	Front	High
11.	Reverse Punch		Left	Front	Middle
12.	#2 Front Kick		Left	--	Middle
13.	Low Block		Left	Front	Low
14.	Step and <b>Punch</b>		Right	Front	Middle
15.	Inner Forearm Block		Left	Middle	High
16.	#3 Side Kick	Ki-Hap	Left	--	Middle
17.	Knife-hand Strike		Left	Middle	Middle
18.	Punch		Right	Front	High



Place an X through the picture for every repetition that you practice the entire form.