

## 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.

#### National Standards:

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

#### Classroom Management

- Warm-up Activity
- Attention Command – *Chah-reot*
- Attendance / Note-cards
  - Divide class into groups
    - Instructional Lines
    - Exercise Lines
- Formative Assessment

#### 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
- Books and resources

#### 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

## Hi-YAWW!

### Incorporate Martial Arts into a General PE class

- Warm-ups or Circuit Training Stations - Practice individual Moves
- Cardiovascular - Kick-Boxing – Music - “Eye of the Tiger” by Survivor
- Relays - Segmented Form

- Total Form
  - American Tae Kwon Do Association <http://www.ataonline.com/>
    - Songahm Tae Kwon Do
    - White Belt Form
    - 18 moves

**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) - Back hand**
- **Knife-hand Strike**

**Cardiovascular Endurance**

- **Fitness Ball Punches**

**Blocks: (Noodle Groups)**

- **High – Over head**
- **Inner Forearm - (Muscle)**
- **Low – Protect the outside of the front knee**

**Muscular Strength & Endurance**

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

**Kicks: (Alligator Pads)**

- **(1, 2, 3, 4)**
- **Front - #2 Front Kick**
- **Side - #3 Side Kick with a Ki-hap**

**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**

## **Songahm #1 - 9<sup>th</sup> Grade White Belt Form**

- **1<sup>st</sup> Nine Techniques**
  - “June Be” Ready “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
- **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” Ready

## **Self Defense**

- **Book - Teaching Self-Defense in Secondary Physical Education**  
By [Joan L. Neide](#)  
Human Kinetics \$23.00

## **Video on YouTube - HS Physical Education in Korea**

**Brain Video on YouTube – Dr. John Ratey**

**Brain Video on YouTube - Naperville Central High School**

**Brain Video on YouTube – Jean Blaydes**

**Brain Video – on YouTube Dr. John Medina**

## **Yoga - Cooldown**

- Mountain Pose
- Upward Salute
- Standing Lateral Flexion
- Warrior 1
- Warrior 2
- Warrior 3
- Reverse Warrior
- Triangle

## **Contact Information**

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