

Hi-YAWW! Incorporate Martial Arts into a General PE class –

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Use martial arts in a variety of ways to warm-up a class or use as a stand alone unit.

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National Standards:

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

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

Standard 3: Participates regularly in physical activity.

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

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

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

Equipment:

Swim Noodles - \$.50 - \$2.00

Focus Pads – \$14.95-\$29.95

Alligator Pads - \$15.00 - \$27.95

Wave Master – \$99.99- \$139.99

Body Shields \$59.00- \$79.00

Re-breakable Boards - \$30.00- \$40.00

Stances: Front, Middle, Sparring

Blocks: High, Low, Inner Forearm (Muscle)

Punches: Punch (Jab), Reverse Punch (Cross)

Kicks: Front, Side (1, 2, 3, 4)

ATA - Tae Kwon Do – White Belt Form

Form - Songham One – 9th 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 Punch		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 Punch		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 Punch		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.	Step and Punch		Right	Front	High

Drills:

Warm-ups, Circuits, Relays, Individual Skill Techniques, Self Defense