



## MARTIAL ARTS BADGE

### 1. Warm Up!

As with any sport, warming up before you exercise helps get your muscles to move. Learn three stretches for your upper body and three for your lower body that will prepare your body to participate in a martial art. Spend five minutes using movements similar to the activity you will be doing.

### 2. Ancient Secrets!

Some Martial Art forms originated hundreds of years ago in the far-eastern countries of Asia. Choose one form that interests you and research the country in which this art developed. Learn how to count from one to ten in that country's language.

### 3. Compare

Choose two different Martial Art disciplines. Using Internet searches or your local library, compare how the movements differ between sports. How are the forms similar? Share your information with the other girls in your troop.

### 4. All the Right Stuff!

When you participate in a martial arts program, you are generally required to wear a uniform. Find out what kind of "outfit" students are expected to wear and what the uniform is called in the native language. Are there other kinds of equipment needed for this art form?

### 5. Defensive Moves

One of the main inspirations for the development of Martial Arts is self-defense. Some of the elements of self-defense are blocking, kicking, and punching, in addition to learning how to fall safely and pressure point theory. Under the guidance of a trained martial arts instructor, team up with a partner and practice at least two of these skills.

### 6. Give Us a Hand!

Find a local program that offers a trial class or demonstration of their particular art form. With a qualified instructor, practice some of the elements required to participate in this Martial Art sport. Or ask the instructor to demonstrate some advanced skills of an experienced student.

### 7. Show Your Colors!

Most Martial Art organizations rank their students' level of skill and experience with colored belts, with the Black Belt signifying the highest level of achievement. The colors and their meanings differ for each art form. Choose one martial art form and learn how many belt colors are required to advance to the level of Black. How many years does it take to achieve a Black Belt?

### 8. Sign Me Up!

Some Martial Art programs are offered through your local park district, community center, or through private clubs. If you wanted to participate in a martial arts class, where could you go to get qualified instruction? What are the fees? What equipment would you need to begin?