

### Personal Fitness Virtual Learning

# 3/8 Martial Arts

May 14, 2020



7/8 Grade Personal Fitness & Wellness

Lesson: [May 14th, 2020]

**Learning Target:** 

Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities (\$3.M5.7)





Daily Essential Question/Objective: I will be able to participate in martial arts workouts safely.



#### **Take AVID** notes over the following.

- Martial Arts is mainly of the Japanese origin as a form of self-defense or attack. There are several different types of martial arts including taekwondo, karate, and jiu jitsu, as well as MMA (mixed martial arts).
  - Taekwondo- Korean art of self-defense. Training involves learning a system of blocks, kicks, punches, and open-handed strikes, as well as varying forms of take-downs, throws, and joint locks. This help develop strength, speed, balance, flexibility, and stamina. Taekwondo emphasis on kicking techniques.
  - Karate- stresses the striking technique, such as punching, kicking, knee and elbow strikes, and open-hand techniques such as knife-hand (karate chop).
  - Jiu Jitsu- a Japanese martial art for defeating an arm and armored opponent in which one uses no weapon or only a short weapon. Pins, joints lockers, and throws are using the attackers energy against them. There are 5 main areas of training: blocking, fulcrum throw, non-fulcrum throw, escaping, and striking.
  - MMA- is a full contact sports that allows a variety of fighting styles to be used such as martial and non-martial arts techniques. There are striking and grappling techniques, which can be standing or on the ground.



#### **Take AVID notes over the videos.**

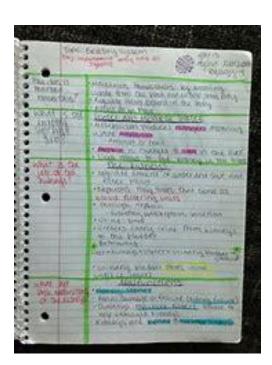




#### **Review notes**

Now, you will reread through your notes.

- Highlight any words or phrases. Must highlight at least 5 times between aerobic and anaerobic notes.
- Call a friend, text, or facetime a friend who did the same assignment and circle any words or phrases that you and your friend highlighted.
- Write a summary of what you learned.





#### **Warm up:**

Complete the warm up video before your workout.





## Complete the workout

video





**Cool Down** 

