

# martial moves

Show us what you've got!



## how to play



The aim is to link martial art moves to create slow fluid movements from one action to another. Like the Brazilian 'fight dance' - capoeira.

In pairs, have a go at the moves below. Respond to each other's actions and remember to do them in slow motion.

**Side kick** - feet apart, lift and push one leg out to the side.

**Press up** - crouch down quickly into a press up position, thrusting your feet out behind you.

**Jab** - punch straight out in front and alternate arms.

**Body swerve** - bend low, turn sharply right or left and stand up.

**Duck** - swoop down like a bird.

**Safety:** Make sure there's lots of space. Arms and legs will be going everywhere!

## equipment

Pictures or a video of capoeira are useful to show as inspiration, and lots of space.

## sporting connection



You'll need lots of control to master this activity! It will help you get strong muscle control for good balance and slow controlled movements - skills needed in taekwondo, wrestling, judo and boxing.

## did you know?

Judo rules require judoka to bow when entering and leaving the mat, and at the start and end of a contest.

## wider club activities

## martial moves

### Skills

### Example

#### Thinking me

This week, can you talk to your family, watch the news or read the newspapers to find out some sports activities that have taken place during the week, in the UK or abroad? Write down your favourite and we can share some facts about them next week. Let's see if we can come up with lots of different ones.

#### Social me

For next week's session can you find out about our local newspapers? Bring in their address, email and phone number so we can write to them and see if we can get someone to include an article all about what we do

#### Healthy me

For next week, all bring a water bottle to fill up and drink from, during and after the session – any clean plastic bottle will be fine.

#### Physical me

During the week, make a note of the activity that makes your heart beat the fastest.

#### Creative me

Can you come up with a new name and logo for our new sports club? Let's choose a winner next week.

## space

Encourage use of the space and travel around when doing a routine.

Develop routines in smaller, limited spaces to change movements and control the body.

All the moves can be practised from a still position, or whilst moving.

## task

Create routines with more martial arts moves.

Introduce a mixture of balances between martial arts moves to slow the movement down even more.

You can create a 'martial moves' circuit with different movements at each station.

## equipment

Add some music for atmosphere.

Use equipment to help develop the moves. For example, ducking back and forth under a low rope. Or, using a sponge ball suspended from above as motivation.

## people

Develop moves individually, then progress to moves with a partner.

Work in pairs to make up routines.