



MATA
MARTIAL ARTS
TEACHERS' ASSOCIATION

Martial Arts Teachers' Association
Life Skills and Leadership Curriculum

FITNESS

*"There is enough in the world for everyone to live on happily
and to be at peace with his neighbor."*

Harry S. Truman

Fitness is this module of success
in the Martial Arts Teachers' Association Curriculum.

More than 2,000 years ago Hippocrates, the Greek physician and father of medicine, said, "A wise person ought to realize that health is the greatest of human blessings." Health and fitness is not a passing phenomenon. Many people see martial arts as a method of improving their health and fitness. You need to emphasize how martial arts is such a superior form of exercise while giving those students who want to become more fit some ideas on additional methods of improving their fitness. You should be their fitness consultant!

Many of your students want to become more fit but don't understand the basics of fitness. These lessons are designed to help your students understand that there are many ways to look at fitness, but that they are all important for their overall health. Through these lessons you can explain how your martial arts program is important for strength, flexibility and cardiovascular fitness and how to make sure that any exercise program they undertake is safe for them. By introducing your students to these concepts your school's credibility is heightened in your students' eyes, and in the eyes of your community.

- ☐ Fitness Worksheets
- ☐ Fitness Lesson
Quotes
- ☐ Pre-Test Letter
- ☐ Post Test Letter

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

the big picture

Week 1:

- Lesson # 1** What Is Fitness?
- Lesson # 2** Fitness Story / Drill

Week 2:

- Lesson # 3** Muscle Strength & Tone
- Lesson # 4** Fitness Story / Drill

Week 3:

- Lesson # 5** Flexibility
- Lesson # 6** Fitness Story / Drill

Week 4:

- Lesson # 7** Cardiovascular Fitness
- Lesson # 8** Fitness Story / Drill

Week 5:

- Lesson # 9** Proper Breathing & Proper Rest
- Lesson # 10** Fitness Story / Drill

Week 6:

- Lesson # 11** Fitness Review
- Lesson # 12** Fitness Review

TEST

Recommended study for instructors teaching this course:

Jennifer Robles' Fitness Kickboxing
by Jennifer Robles & Laurie Cochran

The Warrior Athlete
by Dan Millman (Stillpoint Publishing)

sample pre-test letter

Dear Mr./Mrs. (insert name),

(Insert name) has completed nearly all the requirements for (his/her) next rank and will be testing for (his/her) new belt shortly. Along addition to having worked on (his/her) physical skills, (insert name) worked on (his/her) knowledge of fitness and what it means for (his/her) life.

We feel that everyone should be knowledgeable about fitness. In fact, we believe it is a major reason people begin taking martial arts lessons. Your child has been working the concepts of fitness and how it can improve their health and lifestyle.

We learned there are three parts to fitness, muscle tone, flexibility and cardiovascular fitness. We also learned that all three of these parts are important for a person to be physically fit. Your child now has a much better understanding of how (his/her) body works and what exercise does for (him/her).

We're excited that we could be part of sharing such valuable life skills with (insert name) and encourage you to help (him/her) continue to develop (his/her) fitness for the rest of (his/her) life. In fact we're hoping that your child's exposure to these lessons on fitness might inspire you to make fitness a family program. Everyone should be fit enough to enjoy the life one has.

Yours Sincerely,

The Staff at (YOUR SCHOOL)

P.S. Don't forget (insert name) graduation on (date). We look forward to seeing you there!

sample post-test letter

Dear Mr. & Mrs. (insert name),

Congratulations!

(Insert name) has passed (his/her) examination and, effective immediately, holds the rank of (insert rank). Not only has (insert name)'s improved physically, (he/she) has learned how fitness can contribute to a healthy and happy lifestyle. To us, and we're sure that you'll agree, fitness is one of the major reasons for taking martial arts lessons. All of us at (YOUR SCHOOL) are proud to have played a part in helping (insert name) learn about fitness.

For the next six weeks our curriculum will focus on improving (insert name)'s balance and timing as well as developing another equally important life skill, (insert Life Skill). Over the next few weeks we will work to help your child improve (insert Life Skill). Our lessons and stories will focus on how to improve in this very important area.

When these lessons have been completed, (insert name) will be well on the way toward learning how to apply (insert Life Skill) in (his/her) life. Look out for our (insert Life Skill) Poster and our Quotes of the Month when you stop by the school. Oh, and please remember to do your part at home by encouraging your child to talk about these lessons with you. One is never too young to learn how to enjoy life to its fullest!

Yours Sincerely

The Staff at (YOUR SCHOOL)

PS. As always, if you have any questions at all about our program or your child's progress, please don't hesitate to call us at (insert phone number).

curriculum notes

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"A wise person ought to realize that health is the greatest of human blessings."
— Hippocrates

week one
LESSON 1

What is Fitness?



- Students will learn the elements of fitness.
- By the end of the lesson, a student will be able to define fitness.

ages 4-7

Most children can walk to school, do homework, kick a ball, bounce on a trampoline, catch a baseball, run at recess or do many other things. These are called physical activities. How well your body can do physical activities is known as physical fitness.

I'm sure you've heard people say, "He's in great shape! He can run forever!" or "She's in great shape! Did you see how far she kicked that ball? Or "He must be in great shape! He can kick all day without getting tired!" What these people are saying is that these people are able to do these activities well, without getting tired or hurting themselves. In addition, people who are physically fit are better able to fight sickness and maintain good health throughout their life.

Over the next few weeks we will be talking about the different parts of physical fitness and how each part is important to you. These are muscular strength and tone, cardiovascular fitness and flexibility. You will also see how being physically fit can help you in all areas of your life. You'll discover how being physically fit can help you be truly successful for your whole life!

Ask your students:

- **What is physical fitness?**
(How well your body can do physical activities such as running or kicking a ball is called physical fitness.)
- **How can physical fitness help you?**
(It can help you perform better at sports and help your body fight disease.)

Most children can walk to school, do homework, kick a ball, bounce on a trampoline, catch a baseball, run at recess or do many other things. These are called physical activities. How well your body can do physical activities is known as physical fitness.

I'm sure you've heard people say, "He's in great shape! He can run forever!" or "She's in great shape! Did you see how far she kicked that ball? Or "He must be in great shape! He can kick all day without getting tired!" What these people are saying is that these people are able to do these activities well, without getting tired or hurting themselves. In addition, people who are physically fit are better able to fight sickness and maintain good health throughout their life.

Over the next few weeks we will be talking about the different parts of physical fitness and how each part is important to you. These are muscular strength and tone, cardiovascular fitness and flexibility. You will also see how being physically fit can help you in all areas of your life. You'll discover how being physically fit can help you be truly successful for your whole life!

Ask your students:

- **What is physical fitness?**
(How well your body can do physical activities such as running or kicking a ball is called physical fitness.)
- **How can physical fitness help you?**
(It can help you perform better at sports and help your body fight disease.)

adults

We will be focusing on how physical fitness is essential for a successful life in the next few weeks. Fitness has been defined by the US President's Council on Physical Fitness and Sports as "the ability to carry out daily tasks efficiently with enough energy left over to enjoy leisure time pursuits and to meet unforeseen emergencies." Fitness is not the same as health. Olympic athletes can be ill. A person can be in perfect health but be unable to run or swim only a few hundred yards.

Physical fitness is part of a healthy lifestyle. Other parts are nutrition and a healthy outlook on life. Good fitness means having the ability to live life fully. It also gives you the ability to experience everything life has to offer. A good fitness level allows you to pursue your dreams with the confidence that your body can help you accomplish them.

For the next few weeks we will be focusing on how important it is to have good muscular strength and tone, a good cardiovascular system and good flexibility.

These are all essential to your physical fitness and lifestyle, as well as true success in life.

Ask your students:

- **How can martial arts help the three areas of fitness, muscular strength and tone, cardiovascular and flexibility?**

*"The first wealth is health."
— Emerson*

week one
LESSON 2

What is Fitness?



- Students will learn about different forms of Creativity.
- By the end of the lesson, through stories and a drill, students will be able to recognize forms of Creativity.

Discuss the following questions during warm up to remind the students of the previous lesson.

1. What is physical fitness?
(How well your body can do physical activities such as running or kicking a ball is called physical fitness.)
1. How can physical fitness help you?
(It can help you perform better at sports and help your body fight disease.)

children's story

Strong Body/Strong Mind

Master Woo began his story, "Theodore Roosevelt was the 26th President of the United States. When he was very young, Teddy, as his family called him, became very sick. Because of his illness, Teddy was very weak and was considered physically handicapped. Teddy loved to read so he made his mind stronger as his body became weaker and weaker."

"One day his father told him that he needed to make his body strong so he could do more things with his mind. He bought Teddy lots of exercise equipment to work out with. Teddy began exercising and went on to become a great athlete. He graduated from Harvard University and became the youngest person ever to ever be President. Throughout his life Teddy exercised his body with such things as boxing, which is a martial art, horseback riding, swimming and hiking."

Master Woo finished, "Teddy Roosevelt's example teaches us what our bodies are made for. Our bodies are made for constant exercise throughout our lives. By beginning a good exercise program while you're young, you are making a good foundation that will help you to be successful in all areas of your life your whole life long!"

Ask your students:

- **Who was Theodore Roosevelt?**
(He was the 26th President of the United States.)
- **What was Teddy's problem?**
When Teddy was young he was sick. His body was very weak because he didn't exercise.)
- **What happened to Teddy?**
(His father gave him exercise equipment and convinced him to start a lifetime of exercise.)

Strong Body/Strong Mind

Over a century ago an American boy was sickly and weak. His condition was brought on by childhood disease. In order to escape from his physical handicaps the boy took refuge in books and reading. As he grew his mind grew strong, as his body became weaker and weaker.

His father became very concerned so he told his 12-year-old son, "You have the mind but not the body, and without the help of the body the mind cannot go as far as it should. You must make your body strong, I know you will do it." Then the wise father gave his son weights and other gymnastic equipment and worked with him to strengthen his frail young body.

The boy listened to his father's advice and was encouraged not only to improve his health, but also to become a superior athlete. He graduated from Harvard University and went on to lead a vigorous, active life of truly amazing achievement. His name was Theodore Roosevelt who was the youngest person ever to become President the United States at the age of 42.

Throughout his life, Theodore Roosevelt practiced what he called "the strenuous life." He had an energetic commitment to physical activities that included boxing, horseback riding, swimming, hiking and many others. He discovered that an important foundation for good health is movement and activity. He demonstrated that our bodies are designed to get stronger as they are constantly used and challenged with purposeful physical activities.

Teddy Roosevelt's life is a dramatic example of achieving and maintaining good health. What his example shows us is that there is nothing more essential to building true success than good fitness.

Topics for Discussion:

- Can you think of any examples such as Theodore Roosevelt in your life?
- Do you think you are doing enough for your physical fitness?
- Why or why not?

DRILL

Jump rope

This station drill is designed to help the students access their fitness in all three areas, muscular tone, flexibility and cardiovascular fitness. Let them know that this is the reason you have set the stations up

There should be five stations. The first station is the muscular toning station. Here the students will do push-ups, sit-ups and knee bends. There should be two flexibility stations. Here the students will practice stretching drills they usually do in warm ups in class. The next is the cardiovascular station. One of the best things to do here is shadow boxing, because it needs no equipment, or jumping rope. The final station is the heavy bag station.

Have six to eight students per station. Blow a whistle or start them out somehow and have the students work out at the stations they are at for 90 seconds to two minutes. Then they'll rotate with a 30 second to one minute rest period. Rotation should go as follows; The push-up and sit-up station goes to the stretching station. The first stretching station goes to the shadow boxing or jumping rope station. The shadow boxing/jumping rope station goes to the second stretching station. The second stretching station goes to the heavy bag station. Finally, the heavy bag station goes to the first stretching station.

Going through all the stations, this drill can be completed in less than fifteen minutes. It demonstrates all the different types of fitness and is fun for everyone involved.

"He who has health has hope, and he who has hope has everything."
— Ancient Proverb

week two
LESSON 3

Muscle Strength & Tone



- Students will learn the importance of muscular strength and tone for their physical fitness.
- By the end of the lesson, the student will be able to explain the importance of muscular strength and tone for their physical fitness and how their Martial Arts training can improve it.

Discuss the following questions during warm up to remind the students of the previous lesson.

1. What is physical fitness?
(How well your body can do physical activities such as running or kicking a ball is called physical fitness.)
2. How can physical fitness help you?
(It can help you perform better at sports and help your body fight disease.)

ages 4-7

Did you know that your body has over 400 muscles? Muscles are the engines of the body. They move your arms, legs and all the other parts of your body.

The muscles that move the parts of your body are called skeletal muscles, or muscles that help move your bones. Your body has over 200 bones. Your muscles also help your posture, which is the way you stand, sit and walk.

When you exercise your muscles they become stronger. This is called muscle tone. Muscle tone means that your muscles have the right shape and strength. One of the most important reasons for having good muscle tone is that it affects your posture. In fact, people who don't have good muscle tone have bad posture that sometimes causes back pain or the

loss of feeling in their arms or legs! That's why building your muscle tone can be so important.

Building your strength is something that happens over a period of time as you work your muscles. Lifting your legs while kicking, punching and kicking the heavy bag, doing push-ups and sit-ups and shadow boxing are all ways martial arts helps to improve your muscle tone and strength in class. Also the many movements you do in open hand forms and self-defense techniques can strengthen your muscles.

Good muscle tone and strength can make your life more enjoyable and successful. You are truly on your way to success when you have good strong muscles!

Ask your students:

- **What are the muscles called that support your bones?**

(These muscles are called skeletal, from the word "skeleton," muscles.)

- **What do muscles do for you?**
- (They help move your body and support your bones.)

- **What are some ways martial arts build your muscular strength?**

(Martial Arts build your muscles by kicking, punching, doing forms and self-defense techniques.)

Your body is a wonderful machine that has over 400 muscles that supports your bones, help you move, and give you your shape. Muscles are the body's engines. They move your arms, legs and all the other parts of your body, pump your blood and help you digest your food.

The muscles that move the parts of your body are called skeletal muscles. The word skeletal comes from the word skeleton, or bones. Your body has over 200 bones. Your muscles also help give you good your posture. The correct posture is important for how good you feel as you stand, sit and walk.

When you exercise your muscles they become stronger. This is called muscle tone. Muscle tone means that your muscles have the right shape and strength. One of the most important reasons for having good muscle tone is that it affects your posture. In fact, people who don't have good muscle tone have bad posture that sometimes causes back pain or the loss of feeling in their arms or legs! That's why building your muscle tone can be so important, especially as you grow older.

Building your strength is something that happens to your body over a period of time as you work your muscles. Lifting your legs while kicking, punching and kicking the heavy bag, doing push-ups and sit-ups and shadow boxing are all ways martial arts helps to improve your muscle tone and strength in class. Also the many movements you do in open hand forms and self-defense techniques can strengthen your muscles. Other forms of strengthening your body can be through weight training, isometrics and other forms of exercises.

Good muscle tone and strength can make your life more enjoyable and successful. You are truly on your way to success when you have good strong muscles!

Ask your students:

- **What are the muscles called that support your bones?**
(These muscles are called skeletal, from the word "skeleton," muscles.)
- **What do muscles do for you?**
(They help move your body and support your bones.)
- **What are some ways martial arts build your muscular strength?**
Martial arts build your muscles by kicking, punching, doing forms and self-defense techniques.)

adults

Muscles are the engines of your body. They move your limbs, drive blood around the body, force food through the digestive system and have many other uses. When getting fit, we usually are talking about improving our skeletal muscles, the muscles that move our head, trunk and limbs.

There are 400 skeletal muscles that shape your physique. When you exercise you are applying tension to your skeletal muscles. Your skeletal muscles support over 200 bones that make up your body. If your muscles aren't firm your bones do not handle the load properly. This results in poor posture, which is not merely unattractive, but puts pressure on the nerves and disks along the spine. This in turn can cause back pain as well as pain and numbness in the extremities. A good exercise program tones your muscles and takes the pressure off your lower back.

Building strength is something that happens over a period of time as you work out your muscles. Muscle strength can be improved faster by using progressive resistance, such as weights, isometrics, dips, chin-ups and the like. Lifting your legs in kicking exercises, punching and kicking the heavy bag, doing push-ups and sit-ups and shadow boxing are all ways martial arts helps to improve your muscle tone and strength in class. Also the many movements you do in open hand forms and self-defense techniques can strengthen your muscles.

By developing muscle tone you are improving your body's fitness level and increasing your chance of living a long and healthy life. This, along with the other two keys of fitness, cardiovascular fitness and flexibility, will help you lead a truly successful life.

Topics for Discussion

- What are you doing to improve your muscle tone?
- Does anyone have any particular improvements they would like to make to their muscle tone?

"Health isn't something you remember, it's something you experience."
— Josh Billings

week two
LESSON 4

Muscle Strength & Tone



- Students will learn the importance of muscular strength and tone for their physical fitness.
- By the end of the lesson, the student will be able to explain the importance of muscular strength and tone for their physical fitness and how their Martial Arts training can improve it.

Discuss the following questions during warm up to remind the students of the previous lesson.

1. What is physical fitness?
(How well your body can do physical activities such as running or kicking a ball is called physical fitness.)
2. How can physical fitness help you?
(It can help you perform better at sports and help your body fight disease.)
3. What are the muscles called that support your bones?
(These muscles are called skeletal, from the word "skeleton," muscles.)
4. What do muscles do for you?
(They help move your body and support your bones.)
5. What are some ways martial arts build your muscular strength?
(Martial Arts build your muscles by kicking, punching, doing forms and self-defense techniques.)

children's story

The Bucket Brigade

Master Woo called the students together and started, "The boys had all gone over to Kenny's house expecting to have a nice swim. Kenny's parents had recently bought a raised pool but not everything was hooked up yet. The pool still needed the waterline connected to it. They tried to pull the garden hose to the pool's edge but the it was about ten feet too short, so they decided to use the buckets in Kenny's back yard to carry the water from the hose to the pool."

"The boys made a 'bucket brigade', where each boy would hand the bucket to the next to make things go faster. At first everything went well, but as they worked, the other three boys became too tired to pick up the buckets. Only Kenny continued to work."

"How can you last so long with those buckets?" Josh asked Kenny.

"Well, I guess it's because I keep my muscles toned," answered Kenny.

"How do you do that?" asked Josh.

"In my martial arts class we do lots of different exercises that help me tone my muscles, punching the targets, kicking the heavy bag, doing push ups and sit ups. My workouts have really helped my muscles get in shape!"

Josh exclaimed, "Boy, maybe I should go to your class! Maybe I would be in as good of shape as you!"

"I think you could," answered Kenny. "If you want, you can come with me to class tonight!"

Ask your students:

- **What happened to the boys who were helping Kenny fill the pool?**
(Lifting the buckets of water tired their muscles quickly.)
- **Why did their muscles tire quickly?**
(Their muscles tired quickly because they weren't in good shape. They didn't have good muscle tone.)
- **How did Kenny stay in such good shape?**
(Kenny stayed in good shape through his Martial Arts lessons.)

Sensing Danger

An old samurai warrior knew his time on earth was near an end, and wished to bequeath his sword to the brightest of his three sons. He designed a test.

He had a friend hide just inside the barn, above the doorway, and gave him three bags of rice. He then invited each son inside, one at a time.

The first son, after feeling the rice bag fall on his head, drew his sword and cut it in half before it hit the ground.

The second son halved the bag even before it hit his head.

The third son, sensing something amiss, declined to enter the barn and so earned his father's sword.

The first task in improving muscle tone is to sense that something is indeed amiss, then decide that improving muscle tone will be part of your daily routine. Whenever possible, move around more and engage in more physical activity. Instead of escalators or elevators, use the stairs. Walk or bicycle to work instead of using the car. If you have to drive to work, park your car as far from the door to your company as possible and have a good long walk. You can also engage in some recreational sports such as shooting baskets, driving golf balls or working out on your heavy bag at home.

When you make a point of it, toning your body can be a continuous process and give you a body that lasts a lifetime.

Topics for Discussion

- Do you think you're doing enough in your daily routine for your muscle tone? Why or why not?

DRILL

Isometric Exercises

Have your students do the following exercises. Explain that these exercises can be done anytime and anywhere.

Bend your left arm with the palm up in front of your stomach. Place your right palm inside your left palm. Press down with your right arm and down with your left palm. Relax. Change your hands and do it again. Repeat this three times.

Clasp your hands together, elbows up, at chest level. Press your palms together and hold. Release. Do this three times.

With your elbows raised to shoulder height curl the fingers of both hands in front of your chin or neck. Have your right palm facing out and your left palm facing in. Try to pull your elbows away from each other. Rest. Switch your hands and repeat. Do this whole sequence two more times.

Special Note: Isometric exercises are more powerful than most people believe. These exercises should not last more than six seconds!

*"Health is not a reward, it's a consequence."
— Anonymous*

week three
LESSON 5

Flexibility



- Students will learn the importance of flexibility for their physical fitness.
- By the end of the lesson, the student will be able to explain the importance of flexibility for their physical fitness and how their martial arts training can improve it.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is physical fitness?
(How well your body can do physical activities such as running or kicking a ball is called physical fitness.)
2. How can physical fitness help you?
(It can help you perform better at sports and help your body fight disease.)
3. What are the muscles called that support your bones?
(These muscles are called skeletal, from the word "skeleton," muscles.)
4. What do muscles do for you?
(They help move your body and support your bones.)
5. What are some ways martial arts build your muscular strength?
(Martial Arts build your muscles by kicking, punching, doing forms and self-defense techniques.)

ages 4-7

When we talk about your flexibility we are talking about how well your joints move. Your joints are the parts of your body that bend and turn, such as your elbows, knees, ankles and wrists. When you are flexible your joints twist and turn the way they're suppose to.

To show you how a joint should work, relax your arm and stick it straight out in front of you. It should be nice and straight. Now keep your arm relaxed and bend your elbow so your hand touches your shoulder. This is how your elbow is supposed to work. Working correctly your joints can let you do many types of athletic activities such as roller-blading, tennis and Martial Arts.

Being flexible will reduce the chance of you getting hurt or injured while doing sports. It also improves how well you can do sports. Gymnasts, dancers, martial artists and ice skaters become more graceful with better flexibility. Also baseball and tennis players can play their sports better if they are more flexible. As a martial artist you need to have good flexibility to help you kick and punch your best.

By developing your flexibility, you will have better fitness for your whole life. This will help give you more success in all parts of your life.

Ask your students:

- **What is flexibility?**
(Flexibility is how well your joints move.)
- **How does flexibility improve your joints?**
(It allows them to move better.)
- **How can flexibility help your Martial Arts?**
(It can help you kick and punch better.)

Flexibility is how well your joints move. Your joints are the parts of your body that bend and turn, such as your elbows, knees, ankles and wrists. When you are flexible your joints twist and turn the way they're suppose to. This is known as the proper range of motion.

To show you the proper range of motion of a joint we'll look at your elbow. Relax your arm and stick it straight out in front of you. It should be nice and straight. Now keep your arm relaxed and bend your elbow so your hand touches your shoulder. This is how your elbow is supposed to work or its normal range of motion. When your joints have a normal range of motion they can let you do many types of athletic activities such as roller-blading, gymnastics and martial arts.

Having good flexibility will reduce the chance of you getting hurt or injured while you're doing sports. It also improves how well you can do sports. Gymnasts, dancers, martial artists and ice skaters become more graceful with better flexibility. Also Baseball and tennis players can play their sports better if they are more flexible. As a martial artist you need to have good flexibility to help you kick and punch your best.

Your posture, the way you stand, sit and walk, is also affected by your flexibility. This also affects your athletic ability and your general health. When you have good posture you appear stronger and more confident and people will seem to like you better.

By developing your flexibility, you will have better fitness for your whole life. This in turn will give you more success in all areas of your life.

Ask your students:

- **What is flexibility?**
(Flexibility is how well your joints move.)
- **How does flexibility improve your joints?**
(It allows them to move better.)
- **How can flexibility help your martial arts?**
(It can help you kick and punch better.)

adults

Flexibility is the mobility or range of motion in a joint. A joint is considered flexible when the muscles and connective tissues around it do not restrict its natural range of motion. For example, you should be able to extend your arm straight out at a 90° angle from your body and then flex your elbow joint enough to rest your hand comfortably on your shoulder. A flexible elbow joint allows full extension and flexion of your arm.

Most experts agree that maintaining good flexibility reduces the chance of injury for the athletic person. Muscles that aren't stretched are short and restrict the range of motion in the joints. This makes the joints more susceptible to pulls, tears and stress injuries. Limited flexibility can lead to orthopedic problems such as painful Achilles tendinitis caused by short calf muscles.

Good flexibility also improves athletic performance. Short muscles detract from the grace of a gymnast, dancer, martial artist and ice skater. It can also limit the stroke and power of a golfer or tennis player as well as the range of motion and swing of a baseball player. As a martial artist you need an above average range of motion to prevent injuries while kicking, punching and performing your martial arts.

Your posture is also affected by your flexibility, which in turn affects your athletic performance and general well being. Persons who stand and sit correctly head centered shoulders down and back, chest high and abdomen flat give the impression of being alert and confident. Those who slump and have rounded shoulders, drooping head and excessive curvature of the spine due to short chest, hamstring and pelvic muscles may develop a poor self-image and convey an unfavorable impression to others.

Through the continued development of your flexibility, along with toning your muscles and developing your cardiovascular system, you will maintain good fitness your whole life long. This translates into a healthier and more fulfilling lifestyle and the image of success, to you and to others.

Topics for Discussion

- Can anyone think of a time they performed well because of their flexibility?
- What are you doing to improve your flexibility?

"A sound mind in a sound body, is a short, but full description of a happy state in this world: a person that has these two, has little more to wish for"
— John Locke

week three

LESSON 6

Flexibility



- Students will learn the importance of flexibility for their physical fitness.
- By the end of the lesson, the student will be able to explain the importance of flexibility for their physical fitness and how their martial arts training can improve it.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is physical fitness?
(How well your body can do physical activities such as running or kicking a ball is called physical fitness.)
2. How can physical fitness help you?
(It can help you perform better at sports and help your body fight disease.)
3. What are the muscles called that support your bones?
(These muscles are called skeletal, from the word "skeleton," muscles.)
4. What do muscles do for you?
(They help move your body and support your bones.)
5. What are some ways martial arts build your muscular strength?
(Martial Arts build your muscles by kicking, punching, doing forms and self-defense techniques.)
6. What is flexibility?
(Flexibility is how well your joints move.)
7. How does flexibility improve your joints?
(It allows them to move better.)
8. How can flexibility help your Martial Arts?
(It can help you kick and punch better.)

children's story

Practice Flexibility

Master Woo gathered the students into a circle and began, "Judy was stretching before her softball game. As she slid into her side split Donna looked at her and asked, "How can you do that? That looks so painful!"

"Judy smiled at Donna and replied, "When I first started taking Martial Arts classes about three years ago, I thought like you do. How could someone be so flexible? After taking classes for a while I found that you can improve your flexibility the same way you improve anything else, through practice."

"Do you think I could improve my flexibility? I can barely touch my toes," said Donna.

"Well, being able to touch your toes doesn't mean you're flexible but I can show you some stretching exercises if you like," answered Judy.

"Would you?" asked Donna.

"No problem," replied Judy. "In fact, if you want I could bring you to my martial arts class to learn even more flexibility exercises."

Ask your students:

- **Why was Judy stretching?**
(So she could play softball better.)
- **What did Judy tell Donna about becoming flexible?**
(Judy told Donna that anyone could become more flexible with practice.)

Improving Your Flexibility

Flexibility is not something that is lost only with age, as anyone who has ever had a cast on can testify! Unless a joint is stretched, the tissues soon lose elasticity and become stiff. This stiffness can cause the joints to ache, as for example in a backache when you stretch your back beyond its normal limit.

Flexibility can be improved with either passive or active exercises. In passive exercises, the joints are flexed so that the muscles are stretched as far as possible and then held for a minimum of fifteen seconds. Active exercises are bobbing or bouncing movements, such as low warm-up kicks. Either type should be practiced on a daily basis.

DRILL

Turtle

Start the class sitting on their heels. Have them kneel on all fours, with their toes pointed to the rear and the arms and thighs at right angles to the floor. Without moving their hands and knees, have them lean forward until their shoulders are in front of their wrists. Have them keep their heads level or perpendicular to the floor. Then move them back so their arms and thighs are again at right angles to the floor.

Next have them raise their buttocks into the air and straighten their legs. Have them keep their heads up. They will make a 'V' shape with their arms, body and legs. Have them lower their knees onto the floor and then sit back on their heels.

Do this routine again except this time have them tilt their heads up as they lean forward over their shoulders. Then have them raise their buttocks into the air and straighten both their arms and legs, looking down between their arms as they raise up. Have them lower themselves onto their knees.

Repeat this exercise 5 to 10 times, depending on the fitness level of your class.

*"Those that think they do not have time to exercise
will sooner or later have time for illness."
— anonymous*

week four
LESSON 7

Cardiovascular Fitness



- Students will learn the importance of cardiovascular fitness for their overall physical fitness.
- By the end of the lesson, the student will be able to explain the importance of cardiovascular fitness for their overall physical fitness and how their Martial Arts training can improve it.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is physical fitness?
(How well your body can do physical activities such as running or kicking a ball is called physical fitness.)
2. How can physical fitness help you?
(It can help you perform better at sports and help your body fight disease.)
3. What are the muscles called that support your bones?
(These muscles are called skeletal, from the word "skeleton," muscles.)
4. What do muscles do for you?
(They help move your body and support your bones.)
5. What are some ways martial arts build your muscular strength?
(Martial Arts build your muscles by kicking, punching, doing forms and self-defense techniques.)
6. What is flexibility?
(Flexibility is how well your joints move.)
7. How does flexibility improve your joints?
(It allows them to move better.)
8. How can flexibility help your Martial Arts?
(It can help you kick and punch better.)

ages 4-7

When you are kicking and punching in class your muscles need oxygen. Your lungs bring in the air and send the oxygen into your blood. Your heart is a pump that sends the blood through your body's arteries and blood vessels to your muscles, giving them energy. The better your heart and lungs work to send the oxygen to your muscles, the better your cardiovascular fitness.

When you exercise your heart and lungs it is known as aerobic exercise. Aerobic exercise improves your cardiovascular fitness. Exercises that last for 90 seconds, or a little more than a minute, are aerobic. Some of the best aerobic exercises are running, swimming, walking, shadow boxing, jumping rope, sparring as well as kicking and punching in class.

By having a fit cardiovascular system you are helping your body remain healthy for your whole life. There is nothing better you can do for your true success than having a healthy body your whole life long.

Ask your students:

- **What is cardiovascular fitness?**
(It is how well your lungs and heart brings oxygen to your muscles.)
- **What is an aerobic exercise?**
(An aerobic exercise is an exercise that lasts for 90 seconds or more.)
- **What are good aerobic exercises?**
(Some of the best aerobic exercises are running, swimming, walking, shadow boxing, jumping rope, sparring as well as kicking and punching in class.)

When you are kicking and punching in class you are putting what is called a demand on your cardiovascular system. Your cardiovascular system consists of your heart and lungs and the arteries and blood vessels that bring your blood to the different parts of your body.

When you exercise your muscles need oxygen. Your lungs bring in the oxygen from the air and send it into your bloodstream. Your heart pumps the blood throughout your body using the arteries and blood vessels where it finally gets to your muscles, giving them energy. The better your cardiovascular system works to send the oxygen to your muscles, the better your cardiovascular fitness.

Exercising your heart and lungs is known as aerobic exercise. Aerobic exercise improves your cardiovascular fitness. Exercises that last for 90 seconds or more are aerobic. Some of the best aerobic exercises are running, swimming, walking, shadow boxing, jumping rope, sparring as well as kicking and punching in class.

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Ask your students:

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(It is how well your lungs and heart brings oxygen to your muscles.)
- **What is an aerobic exercise?**
(An aerobic exercise is an excise that lasts for 90 seconds or more.)
- **What are good aerobic exercises?**
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adults

Of all the elements of physical fitness, the most crucial is cardiovascular endurance. Cardiovascular fitness can be defined as the ability of the heart and lungs to take oxygen from the air and deliver it throughout the body. The stronger the heart and the more elastic the lungs, the better the cardiovascular system delivers oxygen to the cells of the body. The better your cardiovascular system works, the livelier you feel, the sharper your mind and the greater likelihood you'll have a reserve of energy at the end of the day.

In order to for your cardiovascular system to receive benefit from a workout, you must be able to sustain the exercise for at least 20 minutes. These aerobic exercises should use the large muscle groups such as the legs or the arms and shoulders. Exercises such as brisk walking, distance running, swimming, cross country skiing, rowing, jumping rope,

shadow boxing, sparring, or just practicing your kicks and punches place a substantial demand on your cardiovascular system, which develops your heart and lungs.

To achieve optimum aerobic benefits you need to exercise at least three times a week for 30 minutes each time. Your exercise routine should go like this; five minutes of warm-up to get your heart rate elevated gradually, 20 minutes of aerobic workout and five minutes of cool down to bring down your heart rate gently. Less than this will not give you adequate training.

Through your martial arts training you have began to take charge of your cardiovascular health. This is one of the most important decisions that you can make for ongoing achievement and success in your life.

Topics for discussion

- Does anyone participate in any other form of cardiovascular exercise besides martial arts?
- What benefits have you seen from improved cardiovascular fitness?

"For every action there is an equal but opposite reaction."
— Issac Newton

week four
LESSON 8

Cardiovascular Fitness



- Students will learn the importance of cardiovascular fitness for their overall physical fitness.
- By the end of the lesson, the student will be able to explain the importance of cardiovascular fitness for their overall physical fitness and how their martial arts training can improve it.

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. What is physical fitness?
(How well your body can do physical activities such as running or kicking a ball is called physical fitness.)
2. How can physical fitness help you?
(It can help you perform better at sports and help your body fight disease.)
3. What are the muscles called that support your bones?
(These muscles are called skeletal, from the word "skeleton," muscles.)
4. What do muscles do for you?
(They help move your body and support your bones.)
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6. What is flexibility?
(Flexibility is how well your joints move.)
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(Some of the best aerobic exercises are running, swimming, walking, shadow boxing, jumping rope, sparring as well as kicking and punching in class.)

children's story

Martial Arts Fitness

Master Woo called for everyone to sit down. He then began the story, "Roger was excited about his upcoming martial arts class scheduled for this evening. He had wanted to get into better shape for a long time now. He was happy he had talked with Mr. Henderson yesterday after class."

"Yesterday in his biology class his teacher, Mr. Henderson, had talked about the importance of a person's cardiovascular system. He told the class about how much better a person felt and how much more a person could do when they worked their cardiovascular systems at least three times per week."

"After class Roger had waited for everyone to leave then went up to Mr. Henderson's desk to ask him more about cardiovascular fitness. Mr. Henderson patiently explained that a good cardiovascular fitness program involved doing some kind of exercise for 20 minutes or more three times per week. He explained that these types of exercises were running, fast walking, swimming, rowing but his favorite was the cardiovascular workout he received in his martial arts class."

"You take martial arts Mr. Henderson?" asked Roger in surprise."

"Oh yes. I've been taking martial arts at the Martial Arts America down the street for more than three years. In fact, I just recently earned my Black Belt a few months ago."

"Wow!" said Roger. Maybe I should try that out. I'd like to get in shape. Do you think it would be too hard for me?" ask Roger.

"Oh no." answered Mr. Henderson. "I'll give you the number to the school and so you can see for yourself. Also, I'll call the school and let them know you're coming. You'll be glad you started so young in life!"

Ask your students:

- **How often should you work out your cardiovascular system?**
(You should work your cardiovascular system three times per week.)
- **How long should your cardiovascular workout be?**
(Your cardiovascular workout should last at least 20 minutes.)
- **What types of exercises are good for a cardiovascular workout?**
(Exercises that are good for your cardiovascular system are running, fast walking, swimming, and sparring or shadow boxing in your martial arts class.)

Noel Johnson and 'the fountain of youth'

Noel Johnson is a Californian that is over ninety years old and runs in marathons. But he was not always healthy. During his sixties Johnson was in such bad shape that his doctor told him that any physical activity might be fatal. He was forty pounds overweight and plagued with high blood pressure, arthritis and bursitis.

When his son wanted to put him in a nursing home, Noel Johnson came to his senses. Studying the principles of good health and long life, he determined to change his ways. He started exercising and running. By the age of seventy-one he was running the mile in six and a half minutes, and he had won three gold medals. In 1989, 1990, and 1991 he was one of several ninety-year-olds who ran in the grueling New York Marathon.

Noel Johnson says he has discovered 'the fountain of youth' through exercise, good diet, and positive thinking. Along those lines, a recent study suggests that taking a brisk walk at least six times a month can increase your life span. Studying nearly 16,000

healthy men and women, all twins, for 19 years researchers found that occasional exercisers were 30 percent less likely to die prematurely than their sedentary twins were. Those who exercised vigorously were 56 percent less likely.

"Even if you have bad genes, this study strongly suggests that increasing physical activity can help you live longer," says Steve Farrell of the Cooper Institute for Aerobics research in Dallas, Texas. "And it doesn't take an enormous amount of exercise to give people protection."

Topics for Discussion

- Has anyone seen a difference in their energy levels since beginning martial arts training?
- Who does anything else for their cardiovascular system besides martial arts training?

DRILL

Block, Duck and Jump

Equipment: Blocker Targets or Swimming Noodles

For adults, pair them up. Give each pair a Blocker target or noodle. You can also use a double Blocker target. Depending on the fitness level of your class have the side with the Blocker or noodle 'attack' the other student so that the student has to block twice (you choose the block). Then have them duck the attack, followed by jumping over the Blocker or noodle that is trying to sweep them off their feet. Continue doing this for a minimum of 90 seconds. Explain that 90 seconds has been chosen because that is the minimum time for an exercise to be cardiovascular. Take a 30-second to one-minute break then have the other side do the exercise. Repeat this at least three times.

For younger children, have them form a line of three to five kids in front of an instructor. If you have a large class, have your SWAT team or have your parent coaches help you with this. Each person (SWAT team or coach) will hold a Blocker or noodle. The instructor will be responsible for keeping time.

Have the first child in each line do two blocks (your choice) followed by ducking the Blocker or noodle then jumping over the Blocker or noodle. Have them do this at a speed that is challenging but not threatening. In other words, it should be fun, but won't knock them senseless or off their feet. Have each child go for a minimum of 90 seconds. Explain this is the minimum time needed to work out their cardiovascular system. Have each child do this at least once, but preferable two to three times, depending on the number of students in each line.

"Humor is the magic elixir of life"
— W. Somerset Maugham

week five
LESSON 9

Proper Breathing & Proper Rest

- Students will learn the benefits of Creativity for the friendships they develop.
- By the end of the lesson, the students will know how to use Creativity to improve their relationships with others..

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is physical fitness?
(How well your body can do physical activities such as running or kicking a ball is called physical fitness.)
2. How can physical fitness help you?
(It can help you perform better at sports and help your body fight disease.)
3. What are the muscles called that support your bones?
(These muscles are called skeletal, from the word "skeleton," muscles.)
4. What do muscles do for you?
(They help move your body and support your bones.)
5. What are some ways martial arts build your muscular strength
(Martial Arts build your muscles by kicking, punching, doing forms and self-defense techniques.)
6. What is flexibility?
(Flexibility is how well your joints move.)
7. How does flexibility improve your joints?
(It allows them to move better.)
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(It can help you kick and punch better.)
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(It is how well your lungs and heart brings oxygen to your muscles.)
10. What is an aerobic exercise?
(An aerobic exercise is an exercise that lasts for 90 seconds or more.)
11. What are good aerobic exercises?
(Some of the best aerobic exercises are running, swimming, walking, shadow boxing, jumping rope, sparring as well as kicking and punching in class.)

ages 4-7

Last week we talked about building your cardiovascular system. This week we're going to talk about deep breathing, which is a part of your cardiovascular system. We'll also talk about the importance of getting enough sleep.

Babies are good breathers. They breathe from their tummies. This is called deep breathing. Most children your age are still pretty good breathers, but as we grow older we start to breathe from our chests. This is known as shallow breathing. To make sure we regularly breathe correctly we have to practice focused, deep breathing. We'll go over deep breathing in this month's drill.

Also, everybody needs enough sleep. Most people need between 7 and 8 hours of sleep a night. Kids sometimes need more, 9 or 10 hours of sleep. That's because children are growing and using lots of energy. Without a good night's sleep you're tired, but even worse, you may not be as healthy as someone who does get enough sleep may.

Make sure you practice breathing way down in your stomach. And get enough rest. These are two more ways of leading a healthy, successful life.

Ask your students:

- **What is deep breathing?**
(Deep breathing is breathing into your stomach?)
- **Why is it important to get enough sleep?**
(You need sleep for rest and to stay healthy.)

This week we're going to talk about deep breathing, which is a part of your cardiovascular system that we talked about last week. We're also going to talk about the importance of getting enough sleep.

Everyone's born a good breather. When we're babies we breathe in our stomachs, or the bottom of our lungs. This is called deep breathing. Most children your age are still pretty good breathers, but as we grow older we start to breathe from our chests. This is known as shallow breathing. To make sure we regularly breathe correctly we have to practice focused, deep breathing. This week's drill works on deep breathing.

Everybody needs enough sleep. Most adults need between 7 and 8 hours of sleep a night. Kids sometimes need more, 9 or 10 hours of sleep. That's because children are active and growing which uses a lot of energy. Without a good night's sleep you're tired, but even worse, you may not be as healthy as someone who sleeps enough may.

Try to make a practice of breathing way down in your stomach. And get enough rest. These are two more excellent ways of leading a healthy, successful life.

Ask your students:

- **What is deep breathing?**
(Deep breathing is breathing into your stomach.)
- **Why is it important to get enough sleep?**
(You need sleep for rest and to stay healthy)

adults

Last week we talked about developing your aerobic health by exercising your heart and lungs. In addition to exercise, one way to increase your supply of oxygen is by learning to breathe properly.

Most people breathe from 16 to 20 times a minute or as much as 28,000 times per day. Those who don't watch their breathing tend to become shallow or upper chest breathers. This is sometimes called 'incomplete breathers' with the result of oxygen starvation. Normal breathing doesn't get enough oxygen into your system to adequately supply your brain and the rest of your body's cells. To overcome this you need to have a program of deep, focused breathing.

Deep breathing will improve your health. It's a simple process that takes just a few minutes a day and can be done anywhere, anytime. We will talk more about this breathing regimen in this week's drill.

Another very important part of fitness is proper rest. In the Alameda study that looked at 20,000 men over a 22-year period, it was discovered that getting seven or eight hours of sleep a night was closely correlated to high levels of health, energy, and physical fitness.

It is also important to rest your body regularly from your fitness regimen. Even the best athletes take off at least one day a week to let their bodies recuperate. Also, if you do work that works your brain all week long, take a full day where you don't do anything that taxes it in any way.

Through proper breathing and rest you optimize your fitness level and health. You can add years to your life and life to your years. Something everyone wants for his or her long-term success.

Topic for Discussion

- How much sleep do you get regularly?
- Do you feel it's enough or not enough?
- How many times a week are you working out?
- Are you resting often enough or too much?

LESSON 10

Proper Breathing & Proper Rest

- Students will learn the importance of proper breathing and rest for their overall physical fitness.
- By the end of the lesson, the student will be able to explain the importance of proper breathing and rest for their overall physical fitness and how their martial arts training can improve it.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is physical fitness?
(How well your body can do physical activities such as running or kicking a ball is called physical fitness.)
2. How can physical fitness help you?
(It can help you perform better at sports and help your body fight disease.)
3. What are the muscles called that support your bones?
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(They help move your body and support your bones.)
5. What are some ways martial arts build your muscular strength?
(Martial Arts build your muscles by kicking, punching, doing forms and self-defense techniques.)
6. What is flexibility?
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(It can help you kick and punch better.)
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10. What is an aerobic exercise?
(An aerobic exercise is an exercise that lasts for 90 seconds or more.)
11. What are good aerobic exercises?
(Some of the best aerobic exercises are running, swimming, walking, shadow boxing, jumping rope, sparring as well as kicking and punching in class.)
12. What is deep breathing?
(Deep breathing is breathing into your stomach.)
13. Why is it important to get enough sleep?
(You need sleep for rest and to stay healthy.)

children's story

Breathe Out, Breathe In

Master Woo began, "For thousands of years martial arts has taught people how to be more physically fit. In fact, according to legend the man that brought martial arts to China started teaching martial arts so his students would be able to keep up with him as he walked around China."

"Some of the first exercises he taught his students were deep breathing exercises. He found that most people were breathing high in their chests instead of breathing into the low parts of their lungs. Because of this he taught them how to 'breathe in their stomachs'."

"By teaching them to breathe into their stomachs his students began have more energy and could keep up with him as they walked around the countryside. They became stronger and turned into great martial artists. That's why we're going to learn deep breathing today!"

Go to the Children's Drill...

Breathe Deeply

General George Patton, the great American World War II general was a great believer in deep breathing. He once said, "Oxygen comes from the lungs where the air goes. This oxygen gets into the blood and travels to the brain. Many people can double their lungpower. Just breathe more air into your lungs. Take ten deep breaths several times a day. Take all the air in and hold it as long as you can. Air does not cost a dime! Try this deep breathing and holding for ten seconds on each breath. Hold it until you pop! It will expand your lungs. Do this deep breathing when you are standing around wondering what to do." As you can see, General Patton really believed in deep breathing.

Oxygen is the reason we breathe. Our bodies need oxygen or we will die within a few minutes. Since breathing is automatic we seldom think about it and take it for granted that is until we don't get enough, like when we're underwater. Then we realize how important it is to have a constant supply of air. Without air and the oxygen it supplies, we die. But beyond merely surviving, we need a critical level of oxygen for good health and that depends on proper or focused breathing, like we discussed earlier this week. We'll be going over the technique of deep, focused breathing in this week's drill.

Make deep breathing a regular practice morning, noon and night. By doing this you'll feel the energy pour oxygen into every part of your body. Doing this on a regular basis will increase your energy level and stamina.

Go to the Adult Drill...

DRILL

Children's Drill

Stand up straight, with your head up, chin up slightly and your shoulders relaxed. Think about the air coming in your nose and down into the bottom of your stomach. Breathe air in your lungs for 5 to 10 counts. When you count try counting one thousand one, one thousand two" Hold the air in your lungs for 2 or 3 counts. Let the air out for 5 to 10 counts. Do this ten times. Breathe in deeply, hold it, and let it all out.

Deep breathing means thinking about your breathing to make sure you are getting all of the oxygen into your system that you need.

Adult's Drill

This drill can be done anywhere, in the car, at the office, waiting for a plane, although it's better if you do this where you won't be bothered. Stand or sit up straight. Keep your head up with your chin up slightly and your shoulders relaxed. Visualize air coming in your nose and down into your lower lungs. Count 5 or 10 counts for the air to be entering your lungs. When counting, try to time your breathing with your heartbeats. If this is difficult, count one thousand one, one thousand two" Your stomach will extend out.

Once you have breathed in, hold the breath for 4 or 5 counts.

Now let the breath out slowly. Let it go out for about 5 to 10 counts.

Take 10 of these deep breaths. Focused breathing means thinking about your breathing to make sure you are getting all of the oxygen into your system that you need.

Concentrate on taking a slow, deep breath, and then hold it for a few seconds then let it out completely.

"A man in good health is always happy."
- Robert Ingersoll

week six
LESSON 11

Fitness Review



- The students will review the lessons on fitness.
- To review the lessons on fitness.

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. What is physical fitness?
(How well your body can do physical activities such as running or kicking a ball is called physical fitness.)
2. How can physical fitness help you?
(It can help you perform better at sports and help your body fight disease.)
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(Some of the best aerobic exercises are running, swimming, walking, shadow boxing, jumping rope, sparring as well as kicking and punching in class.)
12. What is deep breathing?
(Deep breathing is breathing into your stomach.)
13. Why is it important to get enough sleep?
(You need sleep for rest and to stay healthy.)

ages 4-7

For the past few weeks we have been learning about fitness, what it is and how it can help us. We learned there are three parts to fitness, muscle tone, flexibility and cardiovascular fitness. All three of these parts are important for us to be physically fit.

We learned that when you exercise your muscles they become stronger and that this is called muscle tone. Muscle tone means that your muscles have the right shape and strength. We also learned that flexibility is how well your joints move. Having good flexibility is very important, especially if you are in an activity like martial arts. We learned that our cardiovascular system is one of the most important systems of our physical fitness.

By taking martial arts lessons you are making a commitment to physical fitness and getting into good habits while you're still young. We hope these lessons will help you continue with this commitment as long as you live so that you can add more life to your years!

Ask your students:

- **Who is going to make a commitment to staying fit for their whole life?**
(Raise your hand and get your students to raise their hands.)
- **Who can tell me why?**
(You need to stay physically fit so that you can stay healthy, have good energy and participate in sports.)

We have been learning about fitness for the past few weeks, what it is and how it can help us. We learned there are three parts to fitness, muscle tone, flexibility and cardiovascular fitness. All three of these parts are important for us to be physically fit.

We learned that when you exercise your muscles they become stronger and that this is called muscle tone. Muscle tone means that your muscles have the right shape and strength. We also learned that flexibility is how well your joints move. Having good flexibility is very important, especially if you are in an activity like martial arts. We learned that our cardiovascular system is one of the most important systems of our physical fitness. Our cardiovascular system helps us have the energy to do the things we want to do.

By taking martial arts lessons you are making a commitment to physical fitness and getting into good habits while you're still young. We hope these lessons will help you continue with this commitment as long as you live so that you can add more life to your years!

Ask your students:

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(Raise your hand and get your students to raise their hands.)
- **Who can tell me why?**
(You need to stay physically fit so that you can stay healthy, have good energy and participate in sports.)

adults

Health and Vitality are so important to true success in life. In fact, it's your most valuable possession. People throughout history have been quoted saying that they would give all they have for just having better health or having another day of life. Experts tell us that two-thirds of all deaths in the United States are premature. By making a commitment to health you are also making a commitment not to be one of those statistics.

Health is more than just the absence of disease. It's a state of complete physical and mental well being. This comes from dedicating yourself to becoming as health conscious and knowledgeable as you possibly can.

In order to succeed you need to have energy. Energy comes from having good health and a healthy lifestyle. It comes from making a commitment to a high level of fitness. You need to take excellent care of your magnificent machine. A good fitness program will go a long way towards developing the proper energy levels you need for success.

Finally avoid things like smoking, excessive drinking of alcohol or the abuse of any drug. It doesn't matter what kind of fitness program you have if you're abusing your body it won't last. You'll wear out much too soon.

Be fit, live long, and train hard! You'll be glad you did your whole life long!

Topic for Discussion

- What could you do to improve your level of fitness?
- What are you doing now to improve your fitness level?

"People think that doctors and nurses can put scrambled eggs back into the shell."
— Mark Twain

week six
LESSON 12

Fitness Review

- The students will review the lessons on fitness.
- To review the lessons on fitness.

Discuss the following questions during warm up to remind the students of the previous lessons.

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(An aerobic exercise is an exercise that lasts for 90 seconds or more.)
11. What are good aerobic exercises?
(Some of the best aerobic exercises are running, swimming, walking, shadow boxing, jumping rope, sparring as well as kicking and punching in class.)
12. What is deep breathing?
(Deep breathing is breathing into your stomach.)
13. Why is it important to get enough sleep?
(You need sleep for rest and to stay healthy.)

children's story

Waukewa and the Eagle

Master Woo called the students around him and began, "Many years ago there was a young Native American boy named Waukewa, who found a young, hurt eagle. Waukewa took the eagle in and nursed it back to health. Finally, after several months, the eagle was strong enough to survive in the wild by itself. The eagle told Waukewa that he would like to repay his kindness by giving him a priceless gift, the gift of health. He would do this by showing Waukewa a fitness program that would help him stay healthy his whole life long."

"The eagle showed Waukewa the three keys to fitness. First he showed him how to improve his muscles tone through vigorous exercises. Then he showed him

how to improve his flexibility through a stretching program. Finally, he taught him how to improve his cardiovascular system by running and swimming."

"The eagle then left, but insisted that Waukewa teach all his family members the keys of fitness." Master Woo finished, "By teaching his family these keys they would be able to better live their lives. They would have healthy, happy live and you would be able to enjoy your time together longer."

Ask your students:

- **What priceless gift did the eagle give to Waukewa?**

(The eagle gave Waukewa the gift of fitness.)

- **What were the three keys to the eagle's gift?**

(The three keys were muscle tone, flexibility and cardiovascular fitness.)

- **Why did the eagle give this to Waukewa?**

(So that he could teach his family the keys and they could all live healthy, happy lives.)

Determining Your Fitness Level

To determine your level of fitness answer the following questions...

How many times a week do you work out enough to work up a sweat for 20 minutes or more?

To keep a moderate level of fitness you need to work up a sweat for 20 minutes or more at least twice a week. Just like you're doing here.

Are you physically active at your job?

If you spend most of your day walking, climbing stairs and lifting packages you may already be fit. If your job keeps you seated all day you would do well to have a regular fitness program, such as the one you're receiving here.

Do you watch your weight?

A slight bit of fat will not shorten your lifespan. But if you are obese, which is defined as being 20% heavier than the statistical average you have a 20% shorter life expectancy.

Have you had your blood pressure checked?

Fitness is especially beneficial for people whose blood pressure is too high. Since high blood pressure places a high degree of stress on the cardiovascular system, it is one of the leading causes of stroke and heart attacks. You should have your blood pressure checked regularly and if it is too high take steps to reduce it.

Are you generally positive in your outlook on life?

Recent studies have proved what folk wisdom has long taught: Stress and depression can lower the body's resistance to disease. One of the best ways to alleviate stress and depression is through regular aerobic exercise.

Do you take some time to relax every day?

Adults need to play in order to stay at the peak of health. It doesn't matter if it is aerobic exercise or sports, working in your garden, strolling through a park or playing with your children, you need to take time to relax. People who can relax and 'tune out' have been found to have fewer illnesses and may live longer.

How is your cholesterol level?

Cholesterol deposits in the arteries lead to heart disease, the number one cause of death in the United States. By cutting down on fatty foods and replacing them with a healthier, leaner diet, along with aerobic exercise, you can reduce the build up of cholesterol in your blood stream.

When working out do you monitor yourself to avoid overexertion?

Overdoing it will wear your body down, not build up cardiovascular fitness. By exerting yourself to your maximum heart rate you'll quickly exhaust yourself. Know what your heart rate should be and monitor it during your workouts.

DRILL

Tree Stumps

Equipment: Two boxes or milk crates & a 30' piece of rope

This is a fun drill that not only requires strength, but also strategy. First, set up the boxes or crates about 10 to 12' apart. Now, lay the rope down next to these platforms with the extra coiled up on each end.

The object of the drill is to see who can make the other lose their balance and fall off the platform first.

Divide the class into two groups and begin with the first two players. Make it clear to the students that relaxing is as important as strength in their everyday lives. Example: A hard tug can be neutralized by a relaxed grip.

Have everyone go through the drill then, if time allows, let the winners try again to see who's the "Tree Stump Champ."

For Younger Students: Be sure the platform is not too high, that there is a 'spotter' with both students and the drill is played over a soft surface, such as mats.

For Older Students: As a challenge, have the older students try this drill by standing on one foot (to stress balance) or with their eyes closed (to stress physical responsiveness).