



LIFE 180° Martial Arts  
600 East 50<sup>th</sup> Street  
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## Intro Sheet

### **Focus Drills – Self Control & Focus**

1. Sitting Like a Black Belt - Cross legs, hands on knees, back straight, shoulder back, shin up and eyes on the instructor like a laser beam.
2. Three rules of Concentration
  - 1) Focus with your eyes. 2) Focus with your mind. 3) Focus with your body
3. Attention Position – Feet together and hands to your side.
4. Bowing – Feet together, hands by side, bending at waist and holding it for 3 seconds (saying Be My Best).

### **Stances – Conditioning & Perseverance**

1. Horse Stance – Feet should be shoulder width apart or more. Knees bent, back straight and arm pull back to ribs.
2. Neutral Stance – Body should be turned side ways, hands up, feet should be shoulder width apart and knees bent.
3. Smart Stance

### **Blocking – Defense & Accuracy**

1. Star Block Set – Up, In, Out, Touch Shoulder, Down, Back & Push Down.
2. Double Star Block Set

### **Strikes – Focus & Confidence**

1. Punching
2. Double Punching

### **Kicks - Accuracy & Balance**

1. Front Kick – Instep of Foot (Top) & Ball (Bottom)
2. Round Kick – Instep of Foot & Ball
3. Back Kick – Heel

### **STUDENT CREED**

I WILL DEVELOP MYSELF IN A POSITIVE MANNER AND AVOID ANYTHING THAT WOULD REDUCE MY MENTAL GROWTH OR PHYSICAL HEALTH.