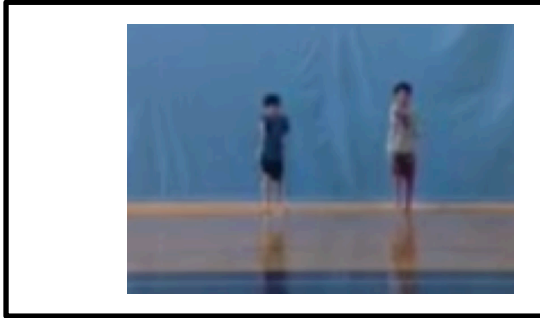


MARTIAL ARTS SEQUENCE PLAN (this part can be done with your group)

Construct (draw diagrams) a plan of your routine and give a brief description for each of them.

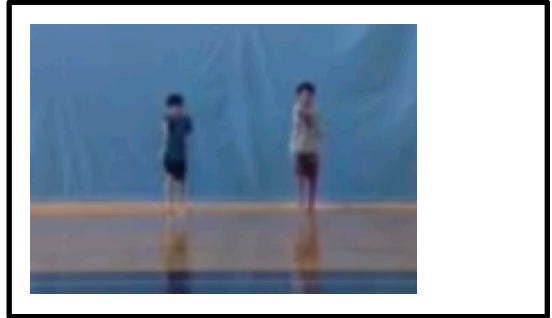
NAME: _____ Seb _____ CLASS: _____ 6A _____

1.



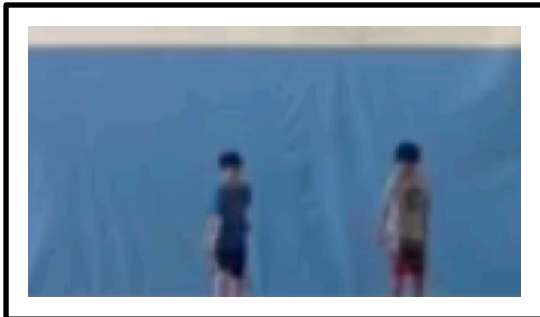
Middle Punch. Moving on to another punch.

2.



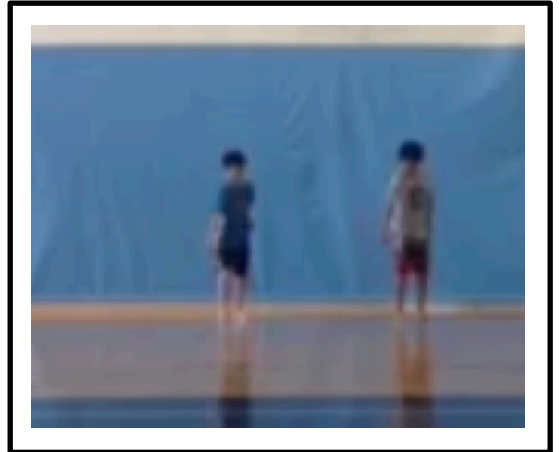
Middle punch. Starting to lift arm for lower block.

3.



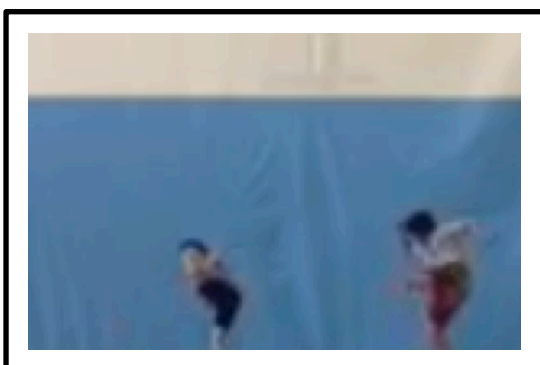
Lower Block. Raising arm again for lower block.

4.



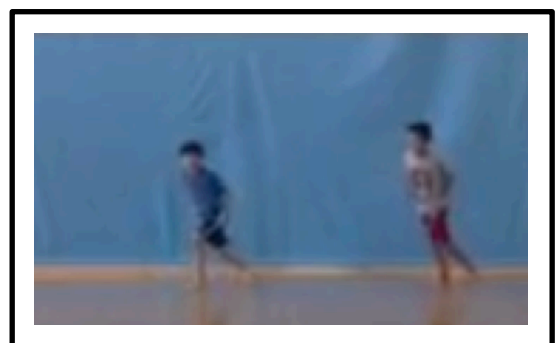
Lower block. Leg raising for double kick

5.



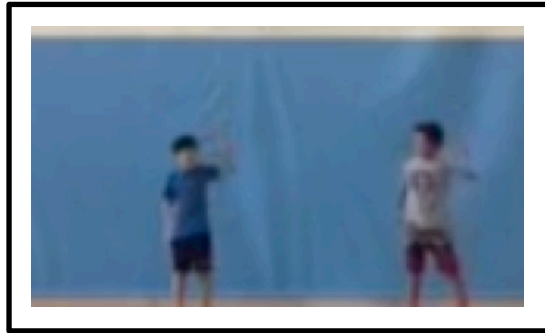
Double kick. First pandachagi then panda dolio chagi

6.



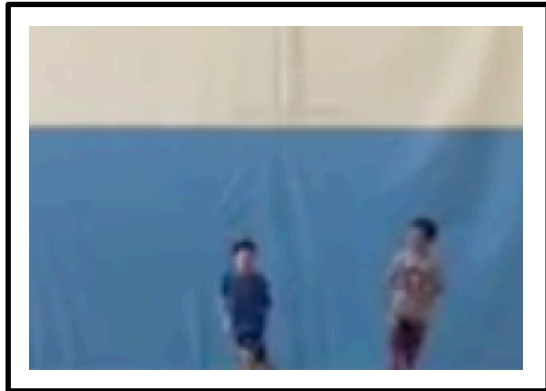
Dancing. Stepping in to the side and pulling our arms back.

7.



Lifting our arms into the air getting ready for the next move.

8.



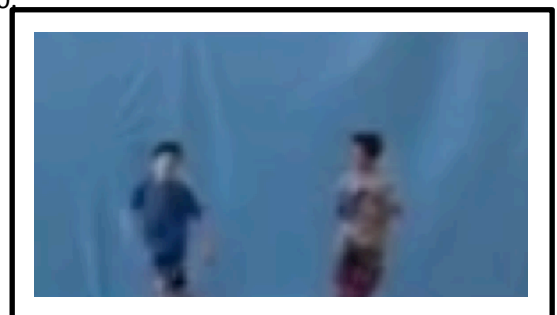
Next move where we move side to side like the first move but lift our arms up when we go forwards and down when we go back

9.



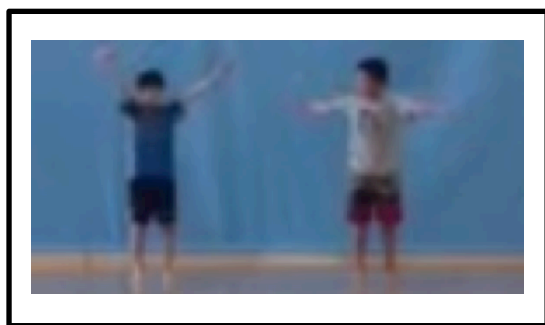
Make our arms go in a big circle for five seconds to transition to the next moves.

10.



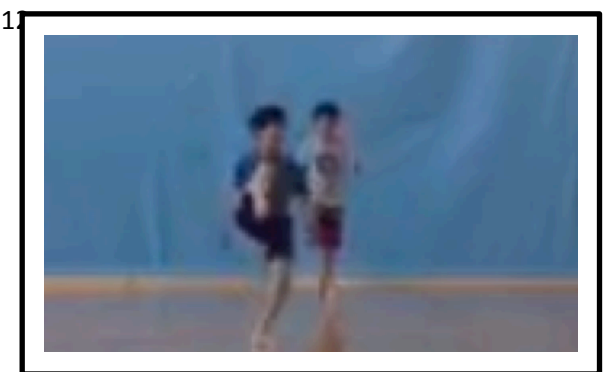
Do the last move again with our arms coming forwards and backwards with our legs.

11.



Make our arms go in a big circle for five seconds to transition to the next moves.

1.



Scott does a jump kick and crouches down so I can do a jump kick over him.

13.



I do a jump kick over Scott while he is crouching.

14.



I do a sequence of kicks (panda chagi, pandadolio chagi: repeat twice)

15.



Now I crouch down and Scott does a jump kick over me

16.



Scott does dolio chagi and a spinning jumping kick. And moves back for our next move



We walk back bringing our arms down to our knees.



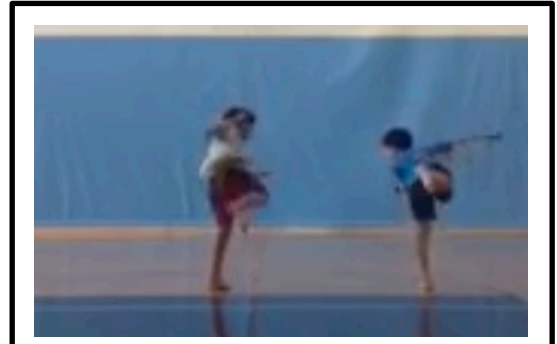
We continue walking back and do two upper blocks.

19.



We do two outside to inside or middle block still walking backwards

20.



We stop walking back, turn and do yopchagi towards the camera. Then we punch and kiap.

Describe the effectiveness of your plan based on your final performance.

(this part has to be done individually)

Answer all the questions below:

- 1. How did your plan include different martial arts moves?**
- 2. How did you incorporate the music into your sequence?**
- 3. How did your plan demonstrate different floor patterns and levels?**
- 4. How similar was your final performance to your plan? Differences?**
- 5. Was your plan effective and why?**
- 6. Looking back at your performance, is there something you would have planned differently?**
- 7.**

We used a lot of moves from taekwondo like upper block, jump kicks, and back kick and many more so I think our sequence did well with the martial arts moves. We used music into our sequence by timing our moves with the beat.

For example when the music says '**this**' is the part of me Scott does a jump kick, and our punches in the beginning were timed well with the beat of the song. Half of our plan was us standing doing things but we did a different level by jumping and kicking and we had some pretty cool floor patters whilst we did our dance moves.

There were almost no different plans except for the end where we turned around and did a back where we shouted. Our plan was very effective because it helped us realize that it's no really that hard to put together a bunch of moves. And it also looked pretty good on camera. I would have changed nothing with our performance except the timing in which we did things because we were a little bit off.