



**TRAIL  
LIFE  
USA**

# Martial Arts

Name \_\_\_\_\_

- \_\_\_\_1. Do the following to learn about martial arts:
  - \_\_\_\_a. Describe three different types of martial arts.
  - \_\_\_\_b. Explain three different fighting distances.
  - \_\_\_\_c. List safety guidelines for practicing a martial art.
  - \_\_\_\_d. Explain the importance of warming up and stretching before you practice and cooling down and stretching after you practice.
  - \_\_\_\_e. Explain the role breathing plays in stretching exercises.
  - \_\_\_\_f. Define the role of respect, dignity and discipline in your martial art.
  - \_\_\_\_g. Explain the importance of understanding that martial arts are a means to escaping a confrontational or dangerous situation, not the means for starting one.
  - \_\_\_\_h. Explain why you should never spar without an instructor.
  - \_\_\_\_i. Explain the proper protection to wear when sparring.
  - \_\_\_\_j. Explain the tradition behind wearing a uniform when practicing or testing.
  - \_\_\_\_k. Explain the belt system of your particular martial art system.
- \_\_\_\_2. Do one of the following:
  - \_\_\_\_a. Read about different martial arts styles besides the one you practice.
  - \_\_\_\_b. Read a biography of a famous martial arts competitor or personality.
  - \_\_\_\_c. Attend or watch a martial arts competition.
- \_\_\_\_3. Over a period of at least six weeks, participate in at least eighteen professionally coached skills sessions, lessons, or classes on different days.
- \_\_\_\_4. Do two of the following:

- \_\_\_\_\_a. Participate in a test session where you advance.
- \_\_\_\_\_b. Compete in a martial arts competition.
- \_\_\_\_\_c. Demonstrate one kata and proper punching, kicking, and breathing.
- \_\_\_\_\_d. Demonstrate proper throws, holds, escapes, and breathing.
- \_\_\_\_\_e. Describe the purpose and use of two weapons included in your martial art.

---

Trail Badge Mentor Signature

---

Date

*Copyright © 2018 by Trail Life USA. All rights reserved. As an owner of The Trailman's Handbook AND a registered member of Trail Life USA you may only print portions of this Trail Badge for your own personal use in Trail Life USA. No part of this publication may otherwise be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without either the prior written permission of Trail Life USA or authorization through payment of an appropriate per-copy fee.*