

# MORECAMBE MARTIAL ARTS

## STUDENTS' HOME PRACTISE CHALLENGE



This sheet will act as a reminder to keep practising whilst the Dojahng is closed. The home practise section on our website will help you. This is only available to current students, so you will need to click through from our At Home Martial Arts Training FaceBook group. If you are not on FaceBook and don't wish to join, then just message us and we will send a link to the webpage. If possible, get someone to video you practising and send us the video. With your permission, we will feature some of your videos on our group. On the website you will find PDF files of the syllabus requirements as well as links to YouTube videos of all the material you need. These will remind you of anything you might be unsure of. When you have practised these and feel confident, then you can use the videos to help you learn new material. **Please** only do this a very small amount at a time. By this we mean a learning single technique or just a few moves of your form. Send these to us as well, and we will try to help you with anything that you are unsure of before you move on to any further material.

A DAILY challenge session should look like this;- (Tick a box for each DAY that you complete the challenge)

Handstrikes.....at least 20 repetitions of each one listed for your belt level.

Kicks..... at least 20 repetitions of each one listed for your belt level.

Breakfalls....DO each breakfall at least FOUR times.

Forms....practise every form that you know at least THREE times

Techniques....practise every technique that you know at least TWICE

Weapons Forms...If you know any then practise them THREE times.

If you do this, then you will find that you will improve and be able to learn new material quickly.

**REMEMBER...as one of our loyal students, not only can you still test via video, and promote whilst the Dojahng is closed, but when we return, you will also get FREE grading tests until you reach Black Belt, or if you are already a Black Belt, your next Dahn rank. This could be worth around £600!**

*If you wish to do a video test, please complete and send us this form, or just send a message with the same information. Results will be notified electronically, and certificates and belts retrained for when we return to training.*

### GRADING TEST APPLICATION FORM (Please complete as necessary)

Name .....

Age at date of test.....

Present Grade .....

Grade you wish to test for .....

**If you practise hard you *could* test every month via video until the Dojahng reopens.**