



# *Starkville Martial Arts Academy*

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**DATE:** January 31, 2012

- 1. Syllabus Rank Components taught:**
  - a. One Steps 1 and 2
  
- 2. Biomechanical Principles Exposed:**
  - a. Proper stance
  - b. Avoid attacks
  
- 3. Terminology Used:**
  - a. One steps
  - b. Front stance
  - c. Back stance
  - d. Counter-attack
  
- 4. Warm-up and what the kids are supposed to learn from it:**
  - a. Lunges
  - b. Walking in stances
  - c. Walking in stances while blindfolded
  
- 5. Class Components:**

**Phase 1: Move up the room in front stance**

**Phase 2: Move up the room in front stance with rising block**

**Phase 3: Move up the room in front stance with rising block and punch**

**Phase 4: With partners, one step #1**

**Phase 5: Move up the room in back stance**

**Phase 6: Move up the room in back stance with down block**

**Phase 7: With partners, one step #2**

- 6. Discussion Topics:**

**Self control**