



Starkville Martial Arts Academy

Address: 106 S. Lafayette St, P.O. Box 1365, Starkville, MS 39760
Telephone: (662) 323 5522

NAME: Stephanie Aultman

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- 1. Syllabus Rank Components taught:**
One steps one and two
- 2. Biomechanical Principles Exposed:**
Hands up, attacking/defending with speed and efficiency
- 3. Terminology Used:**
One steps
- 4. Warm-up and what the kid's are supposed to learn from it:**
Moving in stances, freeze tag in various stances

Class Components:

- Phase 1:** Warm-up
Phase 2: Line drills: everyone performing same action at same time
Phase 3: partner drills
Phase 4: formal one-steps
- 6. Discussion Topics:**
Self-control