

# Martial Arts



**1. Regularly take part in a martial arts activity for at least three months.**

**Martial Art:** \_\_\_\_\_

**Week 1:**

**Week 2:**

**Week 3:**

**Week 4:**

**Week 5:**

**Week 6:**

**Week 7:**

**Week 8:**

**Week 9:**

**Week 10:**

**Week 11:**

**Week 12:**

**2. What skills are needed and what are the rules that need to be observed**

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**3. Take part in one exhibition or competition.**