

Click on the title to watch the sport in action!

THE CHALLENGES

SIDE KICKS

Martial Arts are a form of **SELF DEFENSE** not attack & teaches self defence. You should not practice these moves on other individuals. **PLEASE BE SAFE.**

CHALLENGE VIDEO

[CLICK HERE TO OPEN IN YOUTUBE](#)

EQUIPMENT

1 Stopwatch

SET UP

TOP TIP: Balance & take your time with each kick.

TO PLAY

Find a space away from objects within 1m around you. Standing in a **wide stance**, execute side (twist) kicks, alternating left and right legs. Aim to kick at waist height.

SCORING

You score 1 point for every side kick you do. You have 60 seconds to make as many kicks as you can.

SHUFFLE PUNCHES

CHALLENGE VIDEO

[CLICK HERE TO OPEN IN YOUTUBE](#)

EQUIPMENT

1 stopwatch
2 markers

SET UP

Set up 2 markers, 3 steps apart.

TOP TIP: Keep your hands up at chin height

TO PLAY

Starting at 1 marker, **advance towards one cone**, in an **orthodox** stance, (left foot in front of the right shuffle) to the other marker and do a **left/right jab** combo then retreat. Repeat.

SCORING

You score 1 point for every shuttle you complete. You have 60 seconds to complete as many shuttles as you can.

CORE TWISTS

CHALLENGE VIDEO

[CLICK HERE TO OPEN IN YOUTUBE](#)

EQUIPMENT

1 stopwatch
1 medium sized ball or plastic bottle

SET UP

TOP TIP: Keep your back straight

TO PLAY

Sitting with your feet on the ground and holding the ball in both hands, twist to place the ball & **touch the ground to one side** alternating between the **left side and right side** of your body.

SCORING

You score 1 point for every time the ball touches the ground. You have 60 seconds to make as many touches as you can.