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# National All Rounder Championship

1 December 2020- 28 February 2021

**Self-Learning Manual: Activity 16**

**Physical skills:**

**Martial Arts**

**Age: 4 years**

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## Activity description

The child is required to learn & demonstrate basic Krav Maga self-defence techniques. The child must demonstrate the (1) Self-Protection Technique & (2) High Block techniques as highlighted in this [video](#) (between 2 to 5 minutes duration).

The child is required to stand in the correct posture with both feet parallel to each other & with some gap between them. Then, the child is required to take one leg backward & bend in the correct posture as instructed with both palms stretched outside as instructed. The child should then return to the normal posture & repeat the same posture with the other leg going backward. The child should repeat this movement three times i.e., a total of 6 self-protection postures (three each with both legs backward).

After completing this, the child should do High Block technique alternately with each of the arms three times i.e. Right arm and Left arm alternately three times.

Let the child practice the activity for some time before s/he sets out to perform in front of the camera.

Record a video of the child doing the activity and submit it as per the guidelines.

## Assessment guidelines

The total non-bonus points for this activity is 30. Every submission would be rated as either of below.

**M = Master**  
(100%)

The child can do three times both the prescribed techniques as instructed above (i.e. 3 times alternately with each body side)

The child can do two times both the prescribed techniques as instructed above (i.e. 2 times alternately with each body side)

**I = Intermediate**  
(80%)

**B = Beginner**  
(50%)

The child can do three times at least one prescribed technique as instructed above (i.e. 3 times alternately with each body side for any one technique)

For participating in the event & making an event relevant submission which does not meet assessment guidelines for M, I or B.

**A = Aspirant**  
(25%)

**NA (Not applicable)**

No submissions or any submission which is irrelevant for the activity.

**50% bonus marks:** If the child securing an M can perform the activity in less than 30 seconds

### **Expert coach speaks**

*The ability to protect oneself physically from harm is a basic human right that should be accessible to everyone, including children. Teaching children self-defence is something we often overlook today, but it is of utmost importance.*

*Self-defence not only allows children to tangibly defend themselves against physical attacks, but it also sparks various benefits to them in everyday life. Children go through many stages of development, so it is best that you make sure your child is exposed to the correct principles of self-defence. If you are looking to get your children into sports, let them learn proper self-defence first.*



### **Key benefits of this activity**

The activity benefits in many ways:

- Empowers knowledge of self-defence
- Helps deal with bullying
- Teaches discipline & responsibility
- Improves self-confidence
- Improves physical fitness
- Improves ability to handle anxiety & stress

#### **Common mistakes to avoid**

- *Child's self-defence posture is incorrect & does not serve the purpose*
- *Training infrequently*
- *Overdoing the practice*
- *Not drinking sufficient water*
- *Trying advanced techniques before basic ones*
- *Not practicing all moves*

#### **Useful web resources**

- [Krav Maga Tutorial: Basic 4 steps](#)
- [Alternate self-defence techniques for learning](#)
- [Martial Art video to inspire kids 1](#)
- [Martial Art video to inspire kids 2](#)
- [Martial Art video to inspire kids 3](#)

To submit your entry, visit our website ([www.kid-ex.com](http://www.kid-ex.com)). For any queries, email us at [info@kid-ex.com](mailto:info@kid-ex.com).

**Keep learning! Keep growing! Stay happy! Be successful!**