

30th CRAIGALMOND

24 Quality Street Lane
Davidson's Mains
Edinburgh, EH4 5BU



Martial Arts Activity Badge



Name:

Which Martial Art do you practice? Your martial arts activity should be recognised by your nation's sports council.	
Requirement	Leader Signature
How long have you been taking part in your martial arts activity? You should be taking part for at least three for at least three months.	
How have you improved over that time?	
Discuss with a leader the skills needed and the rules to be observed.	
List any exhibitions or competitions you have taken part in. You should have taken part in one exhibition or competition.	