

Martial Arts

Activity Badge



Name:

Hone your combat skills in Martial Arts. Display a blend of strategy, strength and calmness under pressure.

Which Martial Art do you take part in?

Show evidence that you have taken part in a regular martial arts activity that's recognised by your sports council for at least six months.

Show how you've improved by at least one level over that period.

Take part in a competition or demonstration and talk about your performance with an instructor.