Berkshire Active Virtual Games 2021 Martial Arts

Challenge 2 – Shuffle Punches

Teacher Guidance link

<https://getberkshireactive.org/uploads/martial-arts-the-challenges.pdf>

Score sheet

<https://getberkshireactive.org/uploads/paper-scoresheet-7.pdf?v=1612454535>

EQUIPMENT

1 stopwatch, 2 markers

TO PLAY

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

TOP TIP

Keep your hands up at chin height

SCORING

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

INSTRUCTION VIDEO

<https://www.youtube.com/watch?v=fhqohpscrv0&list=PLHjfgYEoCy9W9EPBUXCIsRBjL-Dj7FaLE&index=2>