

Class 12 - Memory

Ultimate warm-up – 7-minutes

- Arms: Advanced army crawls up and down the mat
- Legs: Jack in the box walks up and down the mat
- Abs: Donkey kong's up and down the mat
- Core: Forwards cab crawls up and down the mat

Mat chat – 3-minutes (Includes water break)

- Today we are going to work on MEMORY.
- MEMORY means to put things in one ear and not let them come out the other ear.
- Here are three memory tips that you will learn today:
 1. Reactive MEMORY is how quickly you can remember something.
 2. Long-term MEMORY is when you need to remember something for a long time like your phone number and the names of your Martial Arts moves.
 3. Short-term MEMORY is something that you only need to remember for a little bit, like where you line up for class.

Skill-building drills – 15-minutes (Pick two)

1. **Fruits & Veggies:** The students will practice MEMORY by demonstrating their ability to use reactive memory by quickly being able to strike with the correct technique when the instructor calls out a fruit or veggie.
 - **Teaching SKILLZ: TRICKERY** – Trick the student by calling out things that are not fruits or vegetables.
 - **Brain SKILLZ: LONG TERM MEMORY** – The student must be able to do their punches and kicks, while recognizing if the instructor calls out a fruit or a vegetable.

2. **Which One:** Students will practice MEMORY by demonstrating their ability to show short term memory by having to remember all of the moves inside of a combination. This will challenge them mentally by requiring them to quickly have to remember a single move from their combination.
 - **Teaching SKILLZ: NEUROBICS** – Instead of counting the moves as “1, 2, 3”, you can count colors instead to connect the left and right hemispheres of the brain.
 - **Brain SKILLZ: WORKING MEMORY** – The student must be able to remember each move in the combination that the instructor does, and then do the correct move that the instructor calls out.

Skill stripe test – 10-minutes

See testing charts

Partner stretches: 5-minutes

- Butterfly partner pulls
- Kneeling partner push
- Sitting elbow pull
- Straddle partner pull

Game – 3-minutes

- Bull dog

End of class announcements – 2-minutes