



1st London Colney Cub Pack

Martial Arts Activity Badge



Name: _____

How to earn your badge

1. Regularly take part in a martial arts activity for at least three months. Show how you've improved over that time. Your martial arts activity should be recognised by your nation's sports council.

What martial arts activity do you do? _____

How long have you been doing it for? _____

What is the grading's for your activity? _____

What level are you currently at? _____

When is your next grading? _____

2. Discuss with a leader the skills needed and the rules to be observed.

3. Take part in one exhibition or competition.
