

# Martial Arts



In order to earn this badge the following requirements must be completed

Requirement	Done
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	
Discuss with a leader the skills needed and the rules to be observed.	
Take part in one exhibition or competition.	

Signed: \_\_\_\_\_

Role: \_\_\_\_\_

(Instructor / Teacher etc.)

Date: \_\_\_\_\_