



# Shout

**Shouting, or the 'martial art yell', is often used in martial art training. It is a controlled, aggressive shout that allows players to concentrate their energy into the point of impact. Players execute a shout while performing a striking technique. The aim is to see who can shout the longest.**



## What you need

- > Focus mitt, striking shield or other suitable equipment (e.g. soccer ball) – 1 per pair

## What to do

- > Players line up in 2 even rows, facing each other.
- > One member of each pair holds a target.
- > The striking players shout while striking at the target.
- > Each player continues to strike repeatedly, making contact with the target each time, for as long as their single continual shout lasts.
- > The target holder in each pair times the length of their partner's shout.
- > Players swap roles to see who has the longest shout.

## Safety

- > Players should only lightly contact the target.
- > Remind players to keep their eyes on the target, making sure they do not hit the target holder.

## Ask the players

- > How can you achieve the longest and/or loudest shout?
- > What happens when you shout while continually striking?

## LESSON LINK:

*Shout* is an introductory martial arts activity that focuses on concentration, determination, centering and perseverance.