



12th DARLINGTON (ELM RIDGE)



Martial Arts Activity Badge

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



**EVERY CHILD HAS THE
RIGHT TO AN ADVENTURE.**
Bear Grylls: our new Chief Scout

