



KIAI

Karate Inspiring Action Immediately



Advanced Dragon - Week 2: Commit To Your Basics (Earns 1 Attitude Stripe)

Dragon Strikes (1 min Each)

Day 1

Day 2

Day 3

1. Forward Shuto (Walking C-Step)
2. Side Shuto (Walking Shiko Dachi)
3. Ridge Hand (Walking Zenkutsu Dachi)
4. Palm Strike (Walking C-Step)
5. Nukite (Walking Zenkutsu Dachi)

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Challenge Me!

Pinan Shodan (3x)

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Train Like A Black Belt - Go The Extra Mile

(Earns 1 Additional Attitude Stripe)

To have **STRENGTH** and **POWER** you must train hard. Do one minute of each of your core strength exercises and write down how many you did.

Squats	#_____	#_____	#_____
Pushups	#_____	#_____	#_____
Situps	#_____	#_____	#_____
Jumping Jacks	#_____	#_____	#_____

Student Name: _____

Parent Signature: _____ Date: _____

“I can’t always control my thoughts but I can choose how I respond to them.” ~ David Cushier