



KIAI

Karate Inspiring Action Immediately



Core/Adv Crane Week 4: Commit to Your Basics!

(Earns 1 Attitude Stripe)

Defensive Sparring Drills (10x Each)

- 1. Low Block, Reverse Punch
- 2. Low Block, Ridge Hand
- 3. Parry #1, Reverse Punch
- 4. Parry #1, Ridge Hand

Day 1

Day 2

Day 3

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Challenge Me! (5x Each)

Wansu Kata

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Train Like A Black Belt - Go The Extra Mile

(Earns 1 Additional Attitude Stripe)

Strong Stances and Powerful Kicks come from strong legs.

Without putting your foot down execute the following kick combinations. (5X to Each side)

- Front Kick, Side Kick, Back Kick
- Front Kick, Roundhouse, Side Kick, Hook Kick

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Student Name: _____

Date: _____

Parent Signature: _____

Date: _____

“Practice does not make perfect. Only perfect practice makes perfect.”

~ Vince Lombardi