



KIAI

Karate Inspiring Action Immediately



Adv Leopard Week 2: Commit To Your Basics
(Earns 1 Attitude Stripe)

Leopard Techniques (10x Each)

Defensive Kicking

- Step back, Front Kick
- Step back, Side Kick
- Step back, Roundhouse Kick
- Step back, Hook Kick
- Step angle, Roundhouse Kick
- Step angle, Hook Kick

Day 1

Day 2

Day 3

Slide Kicks & Combinations

- Slide Side Kick
- Slide Round Kick
- Slide Hook Kick
- Slide Side, Back fist, Rev Punch
- Slide Round Kick, Back fist, Rev Punch

Train Like A Black Belt - Go The Extra Mile
(Earns 1 Additional Attitude Stripe)

Pinan Yondan Bunkai (5x Each):

Break down into different self-defenses as taught in class

Student Name: _____

Date: _____

Parent Signature: _____

Date: _____

“A man without self-control is like a city broken into and left without walls.”
~ Proverbs 25:28