



KIAI

Karate Inspiring Action Immediately



Adv Tiger Week 5: Back to Basics
(Earns 1 Attitude Stripe)

Self-Defense Review (10x Each)

1. One Hand Grab #1
2. One Hand Cross Grab
3. Two Hand Choke
4. Bear Hug
5. One Hand Grab #2:

Day 1

Day 2

Day 3

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Challenge Me! (5x Each)

Anaku Kata Full Kata

| | | |
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Black Belt Mentality, Karate Way of Life!

(Earns 1 Additional Attitude Stripe)

Tiger is known for great Strength, Confidence & Attitude.
What is the difference between Courage and Cowardice?

Student Name: _____

Date: _____

Parent Signature: _____

Date: _____

**“Courage is what it takes to stand up and speak.
Courage is also what it takes to sit down and listen.”**

~ Winston Churchill