



KIAI



Karate Inspiring Action Immediately

Core - Leopard Week 1: Get Flexible (Earns 1 Attitude Stripe)

Leopard Techniques & Stretching

- Clock Drill (1 Min Each Side)
- Round Kick Pivot Drill (1 Min Each Side)
- Side Kick Exercise (10x)
- American or Chinese Splits - your choice (60 sec)

Day 1

Day 2

Day 3

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Kicking Combinations & Defensive Kicks

- Front, High Round (10x)
- Middle Round, High Round (10x)
- High Round, Middle Side (10x)
- Step back, Front Kick (10x)
- Step back, Side Kick (10x)

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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. Pick one of your core exercises (Squats, Pushups, Sit-ups, etc...) and see how many you can do in 1 Minute. Try to do more each time you do them.

My Exercise: _____ # _____ # _____ # _____

Student Name: _____

Parent Signature: _____

Date: _____

“Do not wait to strike ’til the iron is hot; but make it hot by striking.”
~ William Sprague