



KIAI

Karate Inspiring Action Immediately



Core - Leopard Week 4: Get Tough (Earns 1 Attitude Stripe)

Basic Techniques (10x Each)

- Clock Drill
- Front Hand Blocks (High, Middle, Low)
- Rear Hand Blocks (High, Middle, Low)

Day 1

Day 2

Day 3

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Developing Accuracy Combinations

- Back fist, Reverse Punch
- Front hand High block, Reverse Punch, Jab
- Back hand Middle block, Ridge Hand, Reverse Punch
- Front hand Middle block, Reverse Punch, Backfist

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Challenge Me!

Fukyugata Ichi Kata (5x)

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

What Leopard lacks in size and strength it makes up for in QUICKNESS. Have someone drop a square target, bean bag or small pillow from 3-4 feet. Do your Rear Hand Middle Punch and hit the target. As you get faster and more accurate, have them drop it from a lower and lower level.

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Student Name: _____

Parent Signature: _____

Date: _____

“Speed is a great asset, but it’s greater when its combined with quickness
- and there’s a big difference.”

~ Ty Cobb