



KIAI

Karate Inspiring Action Immediately



Tiny Tigers / Crane - Week 1: Get Tough (Earns 1 Attitude Stripe)

Offensive Drills (10x Each)

1. Back fist, Reverse Punch
2. Back fist, Ridgehand

Day 1

Day 2

Day 3

Challenge Me (5x Each)

Basic Form 1

Train like a Black Belt!

(Earns 1 Additional Attitude Stripe)

Practicing our balance and posture. Have your child bring their knee up into chamber and see how many front kicks they can do without losing their balance and putting their foot down. Practice to both sides.

Student Name: _____

Parent Signature: _____

Date: _____

**“It Doesn’t Take Natural Talent Or Being Good In Order To Hustle.
It Takes Self-Discipline!”**