



KIAI

Karate Inspiring Action Immediately



Tiny Tigers / Crane - Week 2: Commit to Your Basics!

(Earns 1 Attitude Stripe)

Offensive Sparring Drills (10x Each)

3. Front Kick, Front Kick

4. Roundhouse Kick

• Clock Drill Footwork

Challenge Me (5x Each)

Basic Form 1

Parent – Child Connect!

(Earns 1 Additional Attitude Stripe)

Items Needed: Square Target Or Small Square Pillow

Have your child start in a Fighting Stance. Hold the target or pillow in front of your child. Have them do a front kick with the right leg, then a front kick with the left leg and hit the target. Do 8-10x on each side.

Day 1

Day 2

Day 3

Student Name: _____

Parent Signature: _____

Date: _____

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