



KIAI

Karate Inspiring Action Immediately



Tiny Tigers / Crane - Week 4: Commit to Your Basics!

(Earns 1 Attitude Stripe)

Defensive Drills (10x Each)

1. Low Block, Reverse Punch
2. Low Block, Ridge Hand
3. Clock Drill Footwork

Day 1

Day 2

Day 3

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Challenge Me (5x Each)

Basic Form 1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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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 defensive drill #1 and hit the target. Repeat for defensive drill #2. Do 8-10x. You can do more if your child stays engaged.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Student Name: _____

Parent Signature: _____

Date: _____

“Practice does not make perfect. Only perfect practice makes perfect.”
 ~ Vince Lombardi