



KIAI

Karate Inspiring Action Immediately



Tiny Tigers / Dragon Week 2 - Building Your Body (Earns 1 Attitude Stripe)

Get Strong (10x Each)

- Run In Place, Knees Up
- Jumping Jack Squats
- Shoulder Taps
- Tuck Jumps

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

Basic Techniques (10x Each)

- Walking C-Step
- Step Up Side Kick

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

Parent – Child Connect!

(Earns 1 Additional Attitude Stripe)

Items Needed: None

Drill: Palm Punching

Stand in front of your child. Hold both your palms forward facing your child. Call Left or Right for them to punch your hand. You can place your hands at different heights and let them work on accuracy and recognizing left and right commands.

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

Parent Signature: _____

Date: _____

“I can’t always control my thoughts but I can choose how I respond to them.” ~ David Cushier