



# KIAI

Karate Inspiring Action Immediately



## Tiny Tigers Leopard - Week 4: Back To Basics! (Earns 1 Attitude Stripe)

### Basic Techniques (Do 5x Each)

Day 1

Day 2

Day 3

Execute from Fighting Stance

- Front Hand High & Low Blocks
- Rear Hand High & Low Blocks
- Front Hand Basics (Jab, Backfist, Ridge hand)
- Rear Hand Basics (High Punch, Middle Punch, Ridge hand)

<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"/>

### Challenge Me! (5x)

Basic Form 1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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### Parent-Child Connect

(Earns 1 Additional Attitude Stripe)

Drill: Blocking Focus Drill

Items Needed: You & Your Child

Have your student stand in Fighting Stance. Call out low or high block and slowly swing your arms or legs at them for them to block.

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