



# KIAI

Karate Inspiring Action Immediately



## Tiny Tigers / Tiger Week 5: Back to Basics (Earns 1 Attitude Stripe)

### Tiger Combinations (10x Each)

1. Jab, Forward Elbow
2. Jab, Cross, Front Kick
3. Palm Strike, Palm Strike, Knee Strike

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"/>

### Self-Defense (5x Each)

1. Read the Book

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

(Earns 1 Additional Attitude Stripe)

Drill: Accuracy Drill

Items Needed: You & Your Child

Use the palms of your hands as targets. Have students do their different striking combinations.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Student Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**“Courage is what it takes to stand up and speak.  
Courage is also what it takes to sit down and listen.”**

~ Winston Churchill