



# KIAI

Karate Inspiring Action Immediately



**Core Tiger Week 4: Get Tough**  
(Earns 1 Attitude Stripe)

**Combinations Review (5x Each)**

- 1. Jab, Cross, Forward Elbow
- 2. Palm Strike, Palm Strike, Front Kick
- 3. Jab, 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"/>

**Challenge Me! (5x Each)**

Pinan Shodan

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Black Belt Mentality, Karate Way of Life!**

(Earns 1 Additional Attitude Stripe)

What is Strength? How can you use it outside of the Dojo?

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

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

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