



# KIAI

## Karate Inspiring Action Immediately



### Core Tiger Week 5: Back to Basics

(Earns 1 Attitude Stripe)

#### Self-Defense Review (5x Each)

1. Read the Book
2. One Hand Grab Lapel
3. Two Hand Push
4. One Hand Grab Wrist
5. Yoi

Day 1

Day 2

Day 3

  
  
  
  

  
  
  
  

  
  
  
  


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

Pinan Shodan Kata

### Black Belt Mentality, Karate Way of Life!

(Earns 1 Additional Attitude Stripe)

Tiger is known for great Strength, Confidence & Attitude.  
What is Courage? How can you demonstrate Courage?

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