



KIAI

Karate Inspiring Action Immediately



Young Dragons Crane - Week 2: Accuracy (Earns 1 Attitude Stripe)

Offensive Sparring Drills (10x Each)

- 5. Back Leg Roundhouse
- 6. Front Kick, Roundhouse,
Reverse Punch
- 7. Lead Front Kick, High Roundhouse
- 8. Back fist, Step Side Kick

Day 1

Day 2

Day 3

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Challenge Me! (5X)

Half of Pinan Nidan

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Train Like A Black Belt - Go The Extra Mile (Earns 1 Additional Attitude Stripe)

To have **STRENGTH** and **POWER** you must train hard. Pick one of your core exercises (Squats, Pushups, Situps, Lunges, etc...) and see how many you can do in 1 Minute. Try to do more each time you do them.

My Exercise: _____ #____ #____ #____

Student Name: _____

Parent Signature: _____

Date: _____

**“It Doesn’t Take Natural Talent Or Being Good In Order To Hustle.
It Takes Self-Discipline!”**