



KIAI

Karate Inspiring Action Immediately



Young Dragons Crane Week 4: Commit to Your Basics!

(Earns 1 Attitude Stripe)

Defensive Sparring Drills (10x Each)

1. Low Block, Reverse Punch
2. Low Block, Ridge Hand
3. Parry #1, Reverse Punch
4. Parry #1, Ridge Hand

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

Challenge Me! (5x Each)

Pinan Nidan

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

Train Like A Black Belt - Go The Extra Mile

(Earns 1 Additional Attitude Stripe)

Strong Stances and Powerful Kicks come from strong legs.

Without putting your foot down execute the following kicks combinations. (5x to Each leg)

- Front Kick, Side Kick
- Front Kick, Side Kick, Back Kick

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

Student Name: _____

Date: _____

Parent Signature: _____

Date: _____

“Practice does not make perfect. Only perfect practice makes perfect.”

~ Vince Lombardi