



KIAI



Karate Inspiring Action Immediately

Core Leopard Week 2: Commit To Your Basics (Earns 1 Attitude Stripe)

Leopard Techniques (10x Each)

- Defensive Kicks
 - Step Angle/Front Kick
 - Step Angle/Side Kick
 - Step Angle/Round Kick

- Combinations
 - Step in/Back fist, Reverse Punch
 - Step in/Side Kick, Back fist, Reverse Punch
 - Front Kick, Roundhouse Kick, Back fist, Reverse Punch

Day 1

Day 2

Day 3

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Challenge Me! (5x Each)

Pinan Shodan

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Train Like A Black Belt - Go The Extra Mile

(Earns 1 Additional Attitude Stripe)

Quickness comes from muscle memory. Do your clock drill for 1 Minute on each side. Do the first 30 seconds following the 12-6-3-9 pattern. During the last 30 seconds mix it up and do the pattern in any order you want.

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Student Name: _____

Date: _____

Parent Signature: _____

Date: _____

“A man without self-control is like a city broken into and left without walls.”

~ Proverbs 25:28