



KIAI

Karate Inspiring Action Immediately



Core/Adv Crane Week 5: Let's Get Moving!

(Earns 1 Attitude Stripe)

Defensive Sparring Drills (10x Each)

- 5. Step back, Lead Side Kick
- 6. Step at an Angle, Lead Roundhouse Kick
- 7. Parry #1, Ridge hand, Lead Roundhouse Kick
- 8. Spring Back, Parry #2, Reverse Punch, Ridge hand

Day 1

Day 2

Day 3

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

Challenge Me! (5x Each)

Wansu Kata or Wansu Bunkai

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Train Like A Black Belt - Go The Extra Mile

(Earns 1 Additional Attitude Stripe)

Strong Stances and Powerful Kicks come from strong legs. Starting in your square stance, transition into a lunge stance, and execute a reverse punch. (10X to Each side)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Student Name: _____

Date: _____

Parent Signature: _____

Date: _____

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

~ Vince Lombardi