



KIAI

Karate Inspiring Action Immediately



Tiny Tigers / Crane - Week 5: Let's Get Moving

(Earns 1 Attitude Stripe)

Defensive Drills (10x Each)

	Day 1	Day 2	Day 3
1. Low Block, Reverse Punch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Middle Block, Reverse Punch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. High Block, Reverse Punch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Lead Round House, Reverse Punch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Parent – Child Connect!

(Earns 1 Additional Attitude Stripe)

Items Needed: None

Drill: Palm Punching

Stand in front of your child. Hold both your palms forward facing your child. Call Left or Right for them to punch your hand. You can place your hands at different heights and let them work on accuracy and recognizing left and right commands.

Student Name: _____

Parent Signature: _____

Date: _____

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

~ Vince Lombardi