



KIAI

Karate Inspiring Action Immediately



Tiny Tigers - Week 1: Commit to Your Basics!

(Earns 1 Attitude Stripe)

Review Kicks (10x Each Side)

1. Front Kick
2. Side Kick

Day 1

Day 2

Day 3

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

Challenge Me (10x)

Walking Punches

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

Parent – Child Connect!

(Earns 1 Additional Attitude Stripe)

Items Needed: Square Target Or Small Square Pillow

Have your child start in a Fighting Stance. Hold the target or pillow in front of your child. Have them step forward and punch the target. Do 8-10x. You can do more if your child stays engaged.

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

Student Name: _____

Parent Signature: _____

Date: _____

“Commitment is what transforms a promise into a reality.”

~ Abraham Lincoln