



# KIAI

Karate Inspiring Action Immediately



## Core/Adv- Week 1: Commit To Your Basics

(Earns 1 Attitude Stripe)

### Review Kihon (10x each Side)

1. C-Step into walking stance, reinforced middle block, jab to face, reverse punch, low block
2. Square stance, open hand block, punch, roundhouse, low block
3. Square stance, push away block, strike with inner thumb side of fist, hammer fist, low block

Day 1

Day 2

Day 3

### Challenge Me! (5x)

First Section of Sachinkan Kata

## Train Like A Black Belt - Go The Extra Mile

(Earns 1 Additional Attitude Stripe)

Powerful Stances, Strikes & Kicks come from Strong Legs and a Strong Core.

- Wall Sit (1 Min)
- Sit Ups (2 Sets, 25x)

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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

~ Abraham Lincoln