



KIAI

Karate Inspiring Action Immediately



Young Dragons- Week 1: Commit To Your Basics

(Earns 1 Attitude Stripe)

Review Basic Stances (10x)

Day 1

Day 2

Day 3

1. Ready Stance
2. Walking Stance
3. Square Stance
4. Lunge Stance

Challenge Me! (5x Each)

First half of Pinan Shodan

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.

- Proper Form Sit Ups (2 Sets, 15x)
- Pushup Up, Any Type (2 Sets, 10x)

Student Name: _____

Date: _____

Parent Signature: _____

Date: _____

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

~ Abraham Lincoln