

FRESNO KENPO KARATE CHALLENGE CARD

For Level 3 Students (Brown and Above)

(Please initial when you have completed) (You will receive credit on your card for class towards your next rank)

BASICS & TECHNIQUES:

1. Complete 35 leg lifts both sides, front and side _____
2. Complete 35 seated leg lifts both sides _____
3. Complete 35 rear leg snap kicks both sides _____
4. Complete 35 step thru roundhouse kicks both sides _____
5. Complete 35 side thrust kicks both sides _____
6. Complete 20 while standing behind your opponent, while in a horse stance facing 12:00, you are in a reverse bow executing a right stiff leg kick to your opponents' groin, from behind. Plant your foot back down, turn counterclockwise and execute a left diagonal upward spinning hook kick you our opponents face. both sides _____(circle of doom)
7. Complete 35 From a right neutral bow your target will be to your left. Step your rear foot towards 9:00 into a left front twist stance towards 9:00, followed by a right house kick towards 9:00 _____(the bear and the ram)
8. Complete 35 The Bear and the Ram and or Circle of Doom technique. _____
(Recommend having someone help, so you can apply the technique)
9. Complete Job Lists, Reading card, Etc..._____ (for extra Attitude Stripes)
10. Complete an example of using the Weekly Mat Chat _____(for Extra Attitude Stripes)(not required)
(Optional)

If under 18, have parent sign off on bottom.

Date: _____

Signature

() I or my child has completed the above challenge.

1. Watch Weekly Videos for curriculum, techniques, demo on our private group Facebook page, or go to www.fresnokenpokarate.com (our student site) to watch videos of techniques.
2. You need a password to access the videos, so please call or text Mr. Hoskins 304-5670, Mr. Perez 304-7571.
3. You can take a pic of your completed challenge card and text it to us or email it to us at fresnokenpokarate@gmail.com or post it up on the Challenge private Facebook Group.
4. You can also go to Fresno Kenpo Karate on Facebook to get the link to the Kenpo Challenge page.
5. You should also post up videos of yourself on our private group on Facebook. Fresno Kenpo Karate Challenge
4. You can download forms off our student website (www.fresnokenpokarate.com) or on our private Facebook group site.
5. Challenge cards will change every week, so you can keep up with ongoing class!
6. Print out Job lists, Self-Discipline cards, Reading cards, Karate homework, Kilos, etc.... on our student site (www.fresnokenpokarate.com) to receive Extra Attitude Stripes! Take a pic of completed card and text to us!
7. The Mat Chat for this week is: Total Self-Confidence: If you receive a compliment, don't let it go to your head and become arrogant.. The way you act, speak and act should be confident, but humble. Think how others will see how you act and carry yourself. How do you show confidence? _____
Mind over Emotion: The ability to control your emotions. How do you act when things do not go your way? Do you frown, cry, or throw a fit? Do you think before you speak? Especially if you're upset. Have you tried settling down for a bit, instead of snapping back right away? Think of a time you got upset, and how you handled it. Do you think you could have handled it better? Next time I get mad or upset, I will handle it by:

