

## FRESNO KENPO KARATE CHALLENGE CARD

For Level 1 Students (Yellow to Purple)

(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 40 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 35 Pin and step forward toward 2:00 and execute a right outward hand sword to opponents' throat. Do both sides \_\_\_\_\_
7. Complete 35 Obscure Sword technique \_\_\_\_\_  
(Recommend having someone help, so you can apply the technique)
8. Complete Job Lists, Reading card, Etc.... \_\_\_\_\_ (for extra Attitude Stripes)
9. 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 "Fresno Kenpo Karate Challenge" Facebook Group page or go to [www.fresnokenpokarate.com](http://www.fresnokenpokarate.com) (our student site) to watch videos of techniques. You can go to our Fresno Kenpo Karate Facebook page to get the link to the Kenpo Challenge private group page.

2. You can take a pic of your completed challenge card and text it to us or email it to us at [fresnokenpokarate@gmail.com](mailto:fresnokenpokarate@gmail.com) or post it on the private Kenpo challenge group

2. You should also post up videos of yourself on our private group on Facebook.

3. Text or Contact Mr. Hoskins at 304-5670, or Mr. Perez 304-7571 to join the group and receive the password for our student website ([www.fresnokenpokarate.com](http://www.fresnokenpokarate.com)) to access the technique videos.

4. You can download forms off our student website 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, ect... on our student site ([www.fresnokenpokarate.com](http://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: \_\_\_\_\_