

FRESNO KENPO KARATE CHALLENGE CARD

For Level 2 Students (Blue to Green)

(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 and 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 35 In stance, step back into a rear crossover, then same foot steps forward _____
7. Complete 35 In stance, step back into rear crossover, then same foot steps forward and add a knife edge kick _____
8. Complete 35 Complete (leg buckle) with front to back switch both sides _____
9. Complete 35 Retreating Pendulum or Circle of Doom technique _____
10. Complete 35 hook kicks, on both sides _____
(Recommend having someone help, so you can apply the technique)
11. Complete Job Lists, Reading card, Etc.... _____ (for extra Attitude Stripes)
12. 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 Facebook group page “Fresno Kenpo Karate Challenge” or go to www.fresnokenpokarate.com (our student site) to watch videos of techniques. 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 on the challenge group.
2. You should also post up videos of yourself on our private group on Facebook. “Fresno Kenpo Karate Challenge”. You can go to Fresno Kenpo Karate on Facebook to get the link to the private group “Fresno Kenpo Karate Challenge”
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) to access the technique videos.
4. You can download forms off our student website or on our private 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) 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: _____