

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 35 Escape from Death technique _____
7. Grab opponents hand with right hand step out to right and execute a left elbow strike. Both sides. _____
8. Complete 35 Twirling Wings. _____
9. Complete 35. Work timing on step back and inward elbow. _____
(Recommend having someone help, so you can apply the technique)
10. Complete Job Lists, Reading card, Etc... _____ (for extra Attitude Stripes)
11. 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: Methods to Goal Setting: 1. Long time goals create desires.(exp. Desire to be a Black Belt) 2. Short term goal done correctly creates action and results. (exa. Like practicing your balance for a your kicks)3. Practice (for example, working your balance only on your snap kick.) 4. Knowing your obstacles.(what kind of help do you need?) What is your long term goal? _____
What is a short term goal or practice you can do in the meanwhile?
The magic words and how to say them. When you use them correctly, it will surprise you about the positive reaction you will receive. What sounds better? Uh, huh, or yes, sir or ma'am? You should say your magic words with confidence but not with a bad attitude: Why are the 7 magic words important? _____