

## 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 Work the step forward into a wide kneel, with left hammer fist to kidney, and right hammer fist to groin. Do both sides \_\_\_\_\_
7. Complete 35 Grip of Death 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: 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? \_\_\_\_\_

\_\_\_\_\_.