

FRESNO KENPO KARATE CHALLENGE CARD

For Basic Students

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

BASICS & TECHNIQUES:

1. Complete 20 leg lifts both sides and Front and Side _____
2. Complete 20 seated leg lifts both sides _____
3. Complete 20 rear leg snap kicks both sides _____
4. Complete 20 step thru roundhouse kicks both sides _____
5. Complete 20 side thrust kicks both sides _____
6. Complete 20 work arm bar with partner(if available) both sides _____
7. Complete 20 Do the first step forward with crab pinch to back of knee. Make sure back is straight. both sides _____
8. Complete 20 Grasp of Death 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 Sword and Hammer, techniques or Demo. 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 the Kenpo challenge group. Go to Fresno Kenpo Karate Facebook page to get the link to the private 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.
4. You can download forms off our student website (www.fresnokenpokarate.com) 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: 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 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? _____

_____.