

**FRESNO KENPO KARATE CHALLENGE CARD**  
**(Tournament Prep)**

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 a basic out of the form. (for exp. Just the triple strikes in long form 1 in a horse stance) Do both sides \_\_\_\_\_
7. Do 35 times. Work your form you are performing for tournament \_\_\_\_\_
  
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: Proper Self Talk: Have you ever caught yourself saying things like “I can’t), Or” I’m just not good” or anything that is not positive for your well being? Self talk is very important for us to be mentally healthy. Just like the saying, we are what we eat; we are, what we think about ourselves. Instead of saying “I can’t” say “I have trouble with”. Instead of” I’m not good”, try saying “I am getting better with”  
What can you use to improve your self talk?

Attitude of Gratitude: Part of positive self talk is to be grateful for what we have in our life. Food to eat, bed to sleep in, family who loves and takes care of me, are just a few. When things at are our worst, instead of going to wrong, bad thinking, that’s the time we should look back and see what we do have in our life, no matter how small or big the thing is. What do you have in life to be grateful for?  
\_\_\_\_\_

