

FRESNO KENPO KARATE CHALLENGE CARD
(Tournament Prep)

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 basics out of short form 1 (exp. Just first 2 blocks with stances) both sides _____
7. Complete 20 work basics out of Blocking set 1 (for exp. just the inward blocks in horse stance) both sides _____
8. Complete 20 Blocking Set 1 and Short Form 1 or Long form 1 _____
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: 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? _____