Weekly Karate Challenges

June 29 – Aug 28, 2020

**Team Aka 赤 Team Aoi** 青 **Team Kuro 黒 Team Shiro 白**

Awards for Team and Individual Participation

Week:

1. karate pose challenge in your community – gi & belt - picture
2. 100 kick challenge - time lapse video
3. Tic Toc Video Challenge #karate #southcalgarykarate
4. Japanese counting - as high as you can with any karate technique - video
5. kata challenge – submit your best kata performance - video
6. fitness challenge – 50 squats, 20 burpees, 10x20m sprints, 50 v-snaps - time lapse video
7. flexibility challenge – splits (left right, centre), bridge, sit and reach - 5 pictures
8. bunkai challenge – create a bunkai application, demonstrate and explain with a consenting family member or friend – video
9. kumite challenge – 30 seconds of your best shadow kumite – with or with punching bag – video

How to participate:

* Chose a Team
* Each week the challenge will be posted to Facebook and Instagram
* Submit your picture or video by Friday midnight of the week.
* If you will be away you can submit early
* Open to all Karate students

Regards,

Heather Fidyk

Head Instructor & Treasurer