



PRACTICE AT HOME WITH ACTIVE KIDS ACADEMY

We have selected some of the core Martial Arts movements taught in the Karate Kids program so that you can continue your training and track your practice at home.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Horse Stance							
Proper Fist							
High block							
Middle block							
Low block							
Front kick							
Parents signature							

Remember your camp sensei started just like you; with a white belt and excited to learn. A black belt is truly a white belt that never gave up!

Things to Remember When You Practice

1. **MOST IMPORTANT!!!** You must ask your parents' permission first!!
2. **Proper Horse Stance:** Keep your feet hip-width apart, back straight and remember to keep your hands in chambers!
3. **Proper Fist:** Open the gate (open hand), close the gate (roll your fingers down into your palm) and lock the gate (thumb to cover fingers)! Pay attention to your thumb – make sure it's not tucked in!
4. **High block:** Raise one arm slightly above your head. Fist just above forehead – palm side of fist facing out.
5. **Middle Block:** think of pulling out a sword from your belt or scooping ice cream.
6. **Low block:** Bring fist to opposite ear, bring arm across body in downward position until arm is straight (just past the hip) Other hand is in chamber on opposite hip
7. **Front Kick:** Knee up, extend leg out, pull leg back, foot down