



# The Special “1,000 Challenge”

Are you ready?  
Are you a WARRIOR?

This challenge is not for everyone BUT for those students that want to challenge themselves to learn, do their very BEST and become an OUTSTANDING Black Belt, this will be lots of fun.

Here is how it works:  
You have up to 60 days  
to earn this special award certificate, badge



## You must do and record:

- 100 Good punches in Horse Riding Stance with each arm
- 50 Good High Blocks with each arm
- 50 Good Inside Blocks with each arm
- 50 Good Outside Blocks with each arm
- 50 Good Down Blocks with each arm
- 50 Good Knifehand strikes/Chops with each arm
- 50 Good Reverse Knifehand strike/Chops with each arm
- 100 jab/crosses with each leg forward

It is important to do your very best in everything you do in martial arts and in life. Be sure to do your very best as you practice and do your repetitions. Your practice should be helping you move closer to your goal of being a Black Belt and being the best person you can be in life, work, school and the martial arts.

*“Building Tomorrow’s Leaders... TODAY!”*

Martial Arts America 120 Front St. Beaver Dam, WI 53916 920/887-7545 [www.MartialArtsAmerica.info](http://www.MartialArtsAmerica.info)



## “1000 Challenge” Practice sheet

Please record all of your practice time here on this sheet and turn it in to your instructor when you have completed all of the tasks:

Name \_\_\_\_\_ Age \_\_\_\_\_ Rank \_\_\_\_\_ Date Started \_\_\_\_\_

100 Good punches in Horse Riding Stance with each arm

Lt side Date \_\_\_\_\_ Reps \_\_\_\_\_ Date \_\_\_\_\_ Reps \_\_\_\_\_ Date \_\_\_\_\_ Reps \_\_\_\_\_ Date \_\_\_\_\_ Reps \_\_\_\_\_  
Date \_\_\_\_\_ Reps \_\_\_\_\_

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Date \_\_\_\_\_ Reps \_\_\_\_\_

50 Good High Blocks with each arm

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50 Good Inside Blocks with each arm

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50 Good Outside Blocks with each arm

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50 Good Down Blocks with each arm

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Date \_\_\_\_\_ Reps \_\_\_\_\_

*“Building Tomorrow’s Leaders... TODAY!”*



50 Good Knifehand strikes/Chops with each arm

Lt side Date\_\_\_\_\_Reps\_\_\_\_\_ Date\_\_\_\_\_Reps\_\_\_\_\_ Date\_\_\_\_\_Reps\_\_\_\_\_ Date\_\_\_\_\_Reps\_\_\_\_\_  
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50 Good Reverse Knifehand strike/Chops with each arm

Lt side Date\_\_\_\_\_Reps\_\_\_\_\_ Date\_\_\_\_\_Reps\_\_\_\_\_ Date\_\_\_\_\_Reps\_\_\_\_\_ Date\_\_\_\_\_Reps\_\_\_\_\_  
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Date\_\_\_\_\_Reps\_\_\_\_\_

100 jab/crosses with each leg forward

Lt side Date\_\_\_\_\_Reps\_\_\_\_\_ Date\_\_\_\_\_Reps\_\_\_\_\_ Date\_\_\_\_\_Reps\_\_\_\_\_ Date\_\_\_\_\_Reps\_\_\_\_\_  
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Date\_\_\_\_\_Reps\_\_\_\_\_

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