



The Special “5,000 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 90 days
to earn this special award certificate, badge



You must do and record:

- 250 Good Roundhouse Kicks with each leg
- 250 Good Front kicks with each leg
- 250 Good punches in Horse Riding Stance with each arm
- 250 Good High Blocks with each arm
- 250 Good Inside Blocks with each arm
- 250 Good Outside Blocks with each arm
- 250 Good Down Blocks with each arm
- 250 Good Knifehand strikes/Chops with each arm
- 250 Good Reverse Knifehand strike/Chops with each arm
- 250 jab/crosses with each leg forward

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



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 _____

250 Good Roundhouse Kicks with each leg

Lt side Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____
Date _____ Reps _____

Rt side Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____
Date _____ Reps _____

250 Good Front kicks with each leg

Lt side Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____
Date _____ Reps _____

Rt side Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____
Date _____ Reps _____

250 Good punches in Horse Riding Stance with each arm

Lt side Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____
Date _____ Reps _____

Rt side Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____
Date _____ Reps _____

250 Good High Blocks with each arm

Lt side Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____
Date _____ Reps _____

Rt side Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____
Date _____ Reps _____

250 Good Inside Blocks with each arm

Lt side Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____
Date _____ Reps _____

Rt side Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____ Date _____ Reps _____
Date _____ Reps _____

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Martial Arts America 120 Front St. Beaver Dam, WI 53916 920/887-7545 www.MartialArtsAmerica.info



250 Good Outside Blocks with each arm

Lt side Date_____Reps_____ Date_____Reps_____ Date_____Reps_____ Date_____Reps_____
Date_____Reps_____

Rt side Date_____Reps_____ Date_____Reps_____ Date_____Reps_____ Date_____Reps_____
Date_____Reps_____

250 Good Down Blocks with each arm

Lt side Date_____Reps_____ Date_____Reps_____ Date_____Reps_____ Date_____Reps_____
Date_____Reps_____

Rt side Date_____Reps_____ Date_____Reps_____ Date_____Reps_____ Date_____Reps_____
Date_____Reps_____

250 Good Knifehand strikes/Chops with each arm

Lt side Date_____Reps_____ Date_____Reps_____ Date_____Reps_____ Date_____Reps_____
Date_____Reps_____

Rt side Date_____Reps_____ Date_____Reps_____ Date_____Reps_____ Date_____Reps_____
Date_____Reps_____

250 Good Reverse Knifehand strike/Chops with each arm

Lt side Date_____Reps_____ Date_____Reps_____ Date_____Reps_____ Date_____Reps_____
Date_____Reps_____

Rt side Date_____Reps_____ Date_____Reps_____ Date_____Reps_____ Date_____Reps_____
Date_____Reps_____

250 jab/crosses with each leg forward

Lt side Date_____Reps_____ Date_____Reps_____ Date_____Reps_____ Date_____Reps_____
Date_____Reps_____

Rt side Date_____Reps_____ Date_____Reps_____ Date_____Reps_____ Date_____Reps_____
Date_____Reps_____

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