



The Special “10,000 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 180 days
to earn this special award certificate, badge



You must do and record:

500 Good Roundhouse Kicks with each leg
500 Good Front kicks with each leg
500 Good Side kicks with each leg
500 Good Inside Crescent kicks with each leg
500 Good Outside Crescent kicks with each leg
500 Good punches in Horse Riding Stance with each arm
100 Good Star Block Sets with each arm(1000)
125 Good Hand Strike Sets with each arm(1500)
100 jab/crosses/hook/hook/uppercut/uppercut with each leg forward(1500)
Kicho #1 - 50 times

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



“10,000 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 _____

500 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 _____

500 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 _____

500 Good Side 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 _____

500 Good Inside Crescent 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 _____

500 Good Outside Crescent 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 _____

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



500 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_____

100 Good Star Block Sets 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_____

125 Good Hand Strike Sets 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_____

100 Good sets of Jab/cross/hook/hook/upper cut/upper cut 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_____

50 Repetitions of Kicho #1

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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