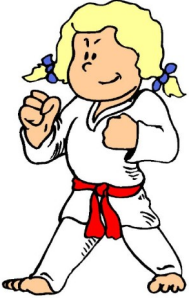


Kidz Karate Test



1. What Korean words do you know? (Help them if needed).
 - Show me Chairyot. What does it mean= Attention
 - Show me Koon-yay. Means? Bow
 - Show me Junbi. Means? Ready
 - Point to Taegukki? Means? Flag
 - Chun-sa-nim? Head Instructor Ko-sa-nim? Asst Instructor
 - Count to 10 in Korean?

2. Show me on paddle a: punch, palm strike, karate chop, back fist, downward elbow.



3. How many front snap kicks can you do without putting your foot down? Right and Left. 2 tries each...stop at 25 max.

3. Front Snap Kicks on paddle for height.

4. Show on paddle 3: Crescent Kicks, Outer Crescents, Axe, Back, And teach a lil of Scissor Kick



5: Using blockers bats have them block: 1 High, 1 Middle, 1 Low, 1 Wedge, 1 High X. Do more if necessary.

6. Form

mid punch mid punch	high palm high palm	elbow elbow kick kick	wedge knee wedge knee	low block x low block x
Back Kc bc fist Back Kc bc fist	crscnt crscnt outer outer	Back Spin Chop Back Spin Chop	Low x, scissor Low x, scissor	

7. Board Break (practice using a shield or paddle first then let them break wood.

Palm Strike	Front Snap	Back Elbow	Back Fist	Karate Chop
Back Kick	Knee	Punch	Back Spin Chop	Scissor Kick

