



HOME PRACTICE / WEEKS 1-4

LIL' NINJAS

Month 1: Get Ready

Name: _____

Start date: _____

Ages 5-7 | A, B and C each week | About 5 minutes each | A grown-up can read and cheer.

OUR THREE LITTLE SESSIONS

A | KICKS + FORM

Set your feet. Practice front kicks 1-3 slowly as taught. Try one short Ki Bon section.



B | STICK + SELF-DEFENSE

Say the three-count, one-side stick pattern: 1-2-3.

Name the taught wrist release, backfist and ridge-hand steps. Say it aloud.



C | REVIEW + BEYOND THE BELT

Review your kicks and Ki Bon section. Pause before answering. Choose a calm voice.



MY THREE WEEKLY PRACTICE MOMENTS

Repeat A, B and C each week. Tick each box after that session.

A

B

C

WEEK 1



Set your feet.

☐☐☐

WEEK 2



Start slowly.

☐☐☐

WEEK 3



Remember the order.

☐☐☐

WEEK 4



Share one small win.

☐☐☐

WHAT I LEARNED

ONE SMALL WIN

MY NEXT GOAL

Write or draw. A grown-up can help you find the words.

Stop. Think. Choose. Count your stick pattern with open hands to build memory and control. Say the self-defense steps aloud. Practice partner grips and strikes with instructor guidance at the Studio.



HOME PRACTICE / WEEKS 5-8

LIL' NINJAS

Month 2: Build the Habit

Name: _____

Start date: _____

Ages 5-7 | A, B and C each week | About 5 minutes each | A grown-up can read and cheer.

OUR THREE LITTLE SESSIONS

A | KICKS + FORM

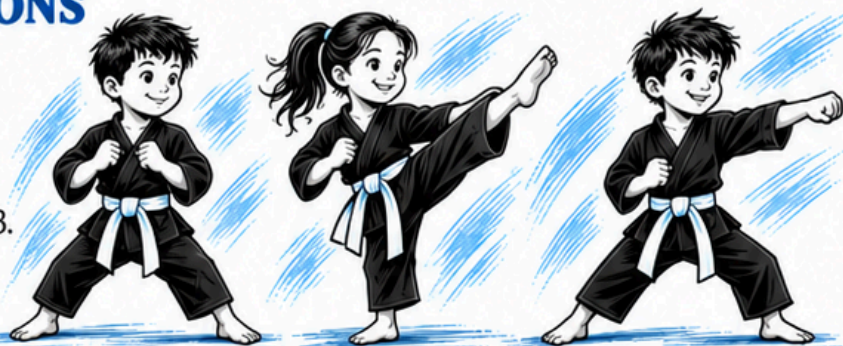
Practice front kicks 1-3 with a balanced finish. Connect your short Ki Bon section as taught.

B | STICK + SELF-DEFENSE

Say the three-count, one-side stick pattern: 1-2-3. Name the taught wrist release, backfist and ridge-hand steps. Say it aloud.

C | REVIEW + BEYOND THE BELT

Review your kicks and Ki Bon section. Stop, think, then choose a respectful reply.



MY THREE WEEKLY PRACTICE MOMENTS

Repeat A, B and C each week. Tick each box after that session.

		A	B	C
WEEK 5	Find your balance.	☐	☐	☐
WEEK 6	Keep a steady count.	☐	☐	☐
WEEK 7	Remember one direction.	☐	☐	☐
WEEK 8	Share a thoughtful choice.	☐	☐	☐

WHAT I LEARNED

Write or draw. A grown-up can help you find the words.

ONE SMALL WIN

Write or draw. A grown-up can help you find the words.

MY NEXT GOAL

Write or draw. A grown-up can help you find the words.

Stop. Think. Choose.

Count your stick pattern with open hands to build memory and control. Say the self-defense steps aloud. Practice partner grips and strikes with instructor guidance at the Studio.



HOME PRACTICE / WEEKS 9-12

LIL' NINJAS

Month 3: Notice Your Growth

Name: _____

Start date: _____

Ages 5-7 | A, B and C each week | About 5 minutes each | A grown-up can read and cheer.

OUR THREE LITTLE SESSIONS

A | KICKS + FORM

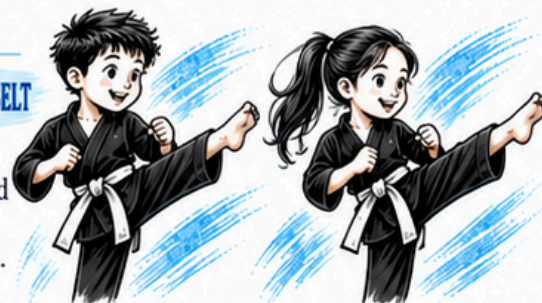
Review front kicks 1-3 and your Ki Bon section. Use one detail your instructor taught.

B | STICK + SELF-DEFENSE

Say the three-count, one-side stick pattern: 1-2-3. Name the taught wrist release, backfist and ridge-hand steps. Say it aloud.

C | REVIEW + BEYOND THE BELT

Review your kicks and Ki Bon section. Pause and choose a calm reply. Notice one improvement.



MY THREE WEEKLY PRACTICE MOMENTS

Repeat A, B and C each week. Tick each box after that session.

WEEK 9

Choose one familiar detail.

A

☐

B

☐

C

☐

WEEK 10

Notice what feels steadier.

☐☐☐

WEEK 11

Try a calmer reply.

☐☐☐

WEEK 12

Celebrate your growth.

☐☐☐

WHAT I LEARNED

Write or draw. A grown-up can help you find the words.

ONE SMALL WIN

Write or draw. A grown-up can help you find the words.

MY NEXT GOAL

Write or draw. A grown-up can help you find the words.

Stop. Think. Choose.

Count your stick pattern with open hands to build memory and control. Say the self-defense steps aloud. Practice partner grips and strikes with instructor guidance at the Studio.