

TEEN MARTIAL ARTS

A goal that belongs to you.



KICKS

Front kicks 1-5

Review all five variations with deliberate setup, control, and a balanced return.



FORM

Ki Bon

Use slow practice to check sequence, stance, and transitions. Apply one correction before the next repetition.



STICK COMBINATION

Three count, both sides with partners

Develop both sides and coordinate rhythm, distance, and attention with a partner in class.



SELF-DEFENSE

Wrist release and follow-up sequence

Use the other hand as taught, step back, and release toward the thumb side. Connect backfist, ridge hand, and knee strike in the taught sequence.



BEYOND THE BELT

Choose your response. Own your preparation.

Intentional training means pausing before reacting and preparing before performing. The same habit helps you respond respectfully under frustration without pretending the feeling is not there.

AT HOME, TRY SAYING

"What do you want your next choice to accomplish?"



NOTICE THE LITTLE WINS

Notice self-correction, thoughtful preparation, and a respectful response under pressure.

HOME PRACTICE

Practice solo moves with control. Open-hand patterns build memory and coordination. Notice one detail to carry into your next session.