

YOUNG WARRIORS

Stronger skills. More ownership.



KICKS

Front kicks 1-5

Practice all five variations. Set your stance, return each kick with control, and check your balance.



FORM

Ki Bon

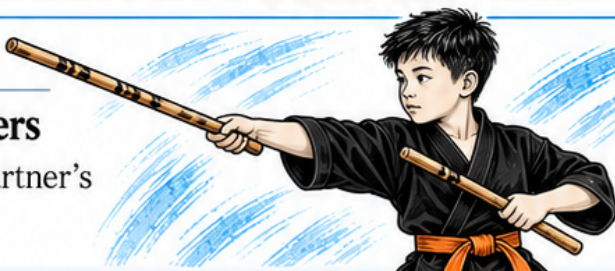
Know the order and give every movement a clear purpose. Work slowly on the section that needs attention.



STICK COMBINATION

Three count, both sides with partners

Practice both sides and learn to match a partner's rhythm and distance in class.



SELF-DEFENSE

Wrist release and follow-up sequence

Use the other hand as taught, step back, and release toward the thumb side. Continue with backfist, ridge hand, and knee strike as shown.



BEYOND THE BELT

Make the next choice on purpose.

We are slowing down enough to think before speaking or moving. Set up a skill carefully, use feedback, and choose a respectful response when you feel frustrated.

AT HOME, TRY SAYING

"What could you change about your setup or response next time?"



NOTICE THE LITTLE WINS

Look for a student noticing an error, choosing a correction, or using a calmer response without a reminder.

HOME PRACTICE

Practice solo moves with control. Open-hand patterns build memory and coordination. Younger students can practice with a grown-up.