

Name: \_\_\_\_\_

For the week of: \_\_\_\_\_

**KICKS to do list:**

**Spiritual Growth**

Saying Bible verses

Reading or listening to the Bible

Pray

**Character Growth**

Use Black Belt respect at home whole family

Use Black Belt respect at school/teacher

Completes chores

Completes school work with Black Belt attitude

\*\* if homeschooled same applies

**Physical Growth**

Practice jumping jacks

Practice sit ups

Practice combinations

Practice katas

Practice push ups

Stretching

Practice kicks on the wall

M	T	W	Th	F	S	S

YouTube:

<https://www.youtube.com/channel/UCszSYzt930kccBokymklllyQ/featured>

Website

<https://kickskarate.yolasite.com/>