

**Ichiban 2019 Summer Fitness Challenge**

**Youth Class Karate Summer Challenge**

**Personal Goals for your summer training:**

**This week:**

**Goal at the end of the challenge:**

**Week #6 August 2nd - August 8th**

**Check off each category below**

	F	S	Su	M	T	W	Th
Attend class <b>(4pts)</b>							
Practice at home and post or email a picture or video <b>(2pts)</b>							
Work on a kata you are trying to learn <b>(3 points each time)</b>							
Do 10 crunches every day for 5 days! <b>(10pts)</b>							
Make a karate obstacle course outside <b>(5pts)</b>							
Do something kind to help someone at home, or karate <b>(2pts)</b>							
Complete the posted weekly challenge (Will be posted on Saturday 8/10)							
<i>Completing the challenge is worth 10 additional points</i>							
<b>Week 6 scores</b>							

Don't forget to email your scores in to go up on the score board!

fitnesschallenge@ichibankaratstudio.com