

HOLIDAY SUPER CHALLENGE

Complete all 14 challenges and earn a special patch for your uniform

Sun. Dec. 21	Mon. Dec. 22	Tue. Dec. 23	Wed. Dec. 24	Thur. Dec. 25	Fri. Dec. 26	Sat. Dec. 27
Do a chore around the house 20 situps	Practice 20 round kicks each 20 pushups	Do any kata you know 3 times Read for 20 minutes	Help your family with chores (cleaning, dishes, etc.)	Practice with your karate weapon for 10 minutes	Do 20 side kicks each leg 20 pushups	Clean your room 20 situps
□	□	□	□	□	□	□
Sun. Dec. 28	Mon. Dec. 29	Tue. Dec. 30	Wed. Dec. 31	Thu. Jan 1	Fri. Jan 2	Sat. Jan. 3
Read for 20 min. 10 jump kicks or spin kicks each leg	Sweep or vacuum a room Do any kata you know 3 times	Celebrate the new year with your family!	Practice with your karate weapon for 10 minutes	Read for 20 min. 20 round kicks each leg	Get books, backpack, papers, etc ready for school 20 pushups	Help your family with chores (cleaning, dishes, etc.)
□	□	□	□	□	□	□



This holiday challenge will keep your skills sharp and help you progress to your next level in karate. And you'll be showing your discipline and teamwork at home by helping your family with chores and tasks during this time off from school.

Complete all the challenges and earn your patch to wear proudly on your karate uniform (sew it on the right pant leg near the bottom).

SPECIAL BONUS! Everyone who completes the challenge gets their name into a raffle for a \$25 Amazon gift card. If you post a photo on your Facebook page (and tag Martial Arts America Rochester) of your child doing any of these challenges you'll get 2 tickets into the raffle.

Bring in your completed worksheet during the first week of classes in January 2026
Classes restart after Jan. 1st. Have a wonderful holiday season!

Name _____

