



MICAH KARN'S

SUPERHUMAN

When you watch Micah compete you'd swear he had an anti-gravity suit on. He elevates so high off the ground, with such ease, that we suspect he got a hold of some government top-secret reverse-engineered alien material that makes him fly.

SEE IT. HEAR IT. LIVE IT.

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MARTIAL ARTS ATHLETE

Check off the Champion for Life missions as you complete them each week.

PERFECT FORM

Let's make your martial arts techniques perfect! There are three important positions you will want to master:

Starting Position - Find out the perfect starting position or chamber for the technique you are doing.

The Path of the Technique - Practice the perfect path or course of the technique.

Ending Position - End perfectly by mastering the position of your strike when it hits and ends. Where do you strike your opponent and with what part of your body do you hit?

Every time you learn a new technique master the Starting Position, the Path of the Technique and the Ending Position.

WEEK 1 MISSIONS - PERFECT FORM

- Memorize the Three Ways of Perfect Form.
- Tell your instructor the Three Ways of Perfect Form without looking.
- Practice your favorite technique and master all three perfect positions.
- Demonstrate a technique and show each important position.
- Practice your favorite move with a classmate and help them master the 3 perfect parts of the technique.

JUMP KICK POWER

The secret to incredible jump kicks is practicing the jump and the kick. You want your jump to be high and strong. You want your kick to be fast with perfect form. When you jump high into the air you will do a perfect kick and land nice and easy.

Jumping Power Workout - Practice the specific jump that is used for your jump kick. Do a set of 20 jumps, 3-times, resting 1-2 minutes in between sets. You will jump 60 times. When you get stronger, do it with weight vests or plyometric balls to get higher and stronger.

Kicking Power Workout - Practice the specific kick in your jump kick perfectly 60 times. Do the kick slow motion 20 times and fast 40 times. When you get stronger use resistance bands or ankle weights for powerful kicks.

Jump Kick Power Workout - Practice your jump kick 30 times. Use a weight vest or plyometric ball for the first 10. Use a target for the next 10 and finish with your last 10 in the air. Video tape your kicks so you can see what you need to do to get better.

WEEK 2 MISSIONS - JUMP KICK POWER

- Pick a jump kick you want to improve and write it down.
- Do a jump workout - 60 jumps.
- Do a kick workout - 60 kicks.
- Do a jump kick workout - 30 jump kicks.
- Do one of these workouts with a friend or classmate.

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**EACH MISSION
IS WORTH
10 POINTS**

Champion for Life
Point Scale

150-200 pts
Champion for Life

50-150 pts
Champion

10-50 pts
Improving

Parent Signature

Teacher Signature

CHAMPION OF ACHIEVEMENT

Successful people are champions of achievement. This means you constantly conquer and achieve new goals all the time. Constantly achieving small goals adds up and leads to bigger achievements. This creates a dynamic momentum of success. With every class you attend you are getting better. In a class you may learn a new self-defense move, sparring technique, new form, new weapon or get better at something you already know. The great thing is in every class you attend you are progressing and improving. You are a champion of achieving small goals! This habit will help you become a champion in life.

Don't be a champion of quitting! There are actually people who are really good at being quitters. They always start new things and quit. To become a martial arts athlete, keep attending class, try your best and keep getting better.

WEEK 3 MISSIONS - CHAMPION OF ACHIEVEMENT

- At the end of class tell someone something new you learned.
- At the end of class tell someone something you got better at.
- At the end of your school day tell someone something new you learned in school.
- Write down a day full of accomplishments and achievements.
- Sit down with your parents and write down all the things you achieved for the week.

FUEL FOR SUCCESS

Food is the fuel that gives you energy and makes your body strong. Research shows eating 5, small healthy meals a day gives you the fuel to work out like a champion and turn your body into a machine. Each time you eat good food your body gets a boost of energy. Eating healthy foods high in protein helps your body recover from hard workouts. Set your goal to eat 5 healthy meals each day.

Recommended Meals - Breakfast, Snack, Lunch, Snack, Dinner

Average Recommended Daily Calorie Intake*

	Males	Females
Age 6	1,600	1,400
Age 10	1,800	1,800
Age 15	2,400	2,000
Age 25	2,800	2,200

* Information from mypyramid.gov

WEEK 4 MISSIONS - FUEL FOR SUCCESS

- Write down 5 things to eat for a day.
- Find out what protein foods are good for your body.
- Write down a list of 5 healthy snacks you can eat.
- Write down everything you eat 1 day and find out how many calories you consumed.
- Go to the website - www.mypyramid.gov.