



KID KICK SKILL SHEET

MARCH 2019

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Word of the Month CONFIDENCE

Confidence is a skill we gain through practice! Just like you practice your martial arts moves to get better, you should practice confidence in order to get better at it.

- Walk with your back straight and your head high.
- When you are speaking, speak loudly and clearly and do not mumble.
- Don't be afraid to raise your hand in class!
- Try something new!
- _____
- _____
- _____
- _____

Complete at least **THREE** activities (or make up your own) and return this sheet by the end of March. You will get to pick a prize from our Burch's Karate **TREASURE CHEST!!!**

I have completed this sheet to the best of my ability _____

My child has completed this sheet to the best of their ability _____