

# Lil Dragon's Olympic Challenge



Once you have completed this weeks class you can complete the challenge sheet with this week's homework at the bottom. Enjoy the olympic adventure Lil Dragons!

Fill in the gaps

\_locking  
Ki\_king  
Pun\_hing

Did you know?

'Hai Sensei' means yes teacher in Japanese.  
'Pay' is how we kiai in Lil Dragons.  
'Kiai' is our power cry and means energy (Ki) harmony (Ai).

Colouring in and Drawing



Draw a picture of you competing in the olympics in karate.

Above & Beyond

This week you must do something extra special for someone you care about. Good luck!