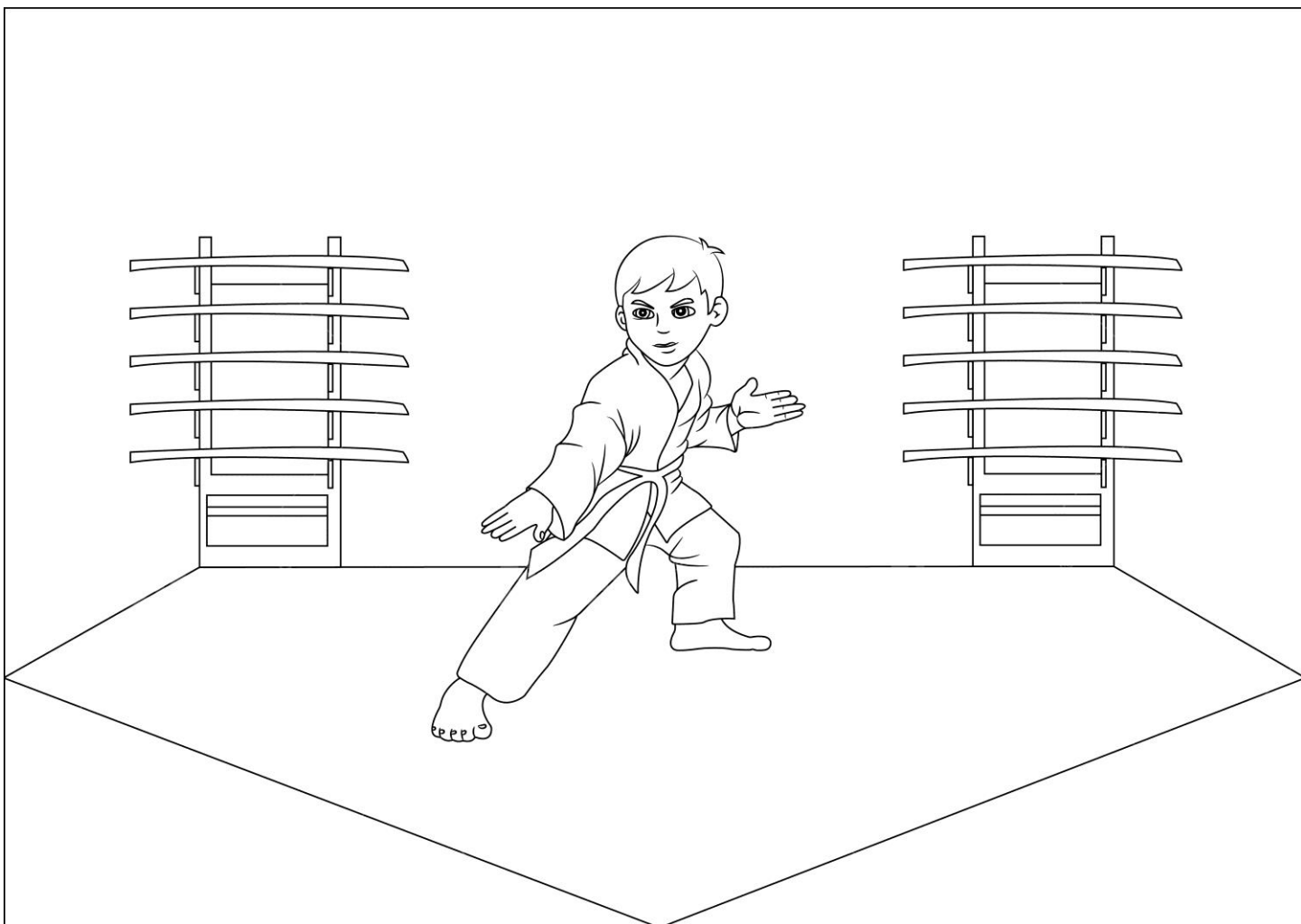


Activity Booklet
for
Rising Heroes
and
Young Legends

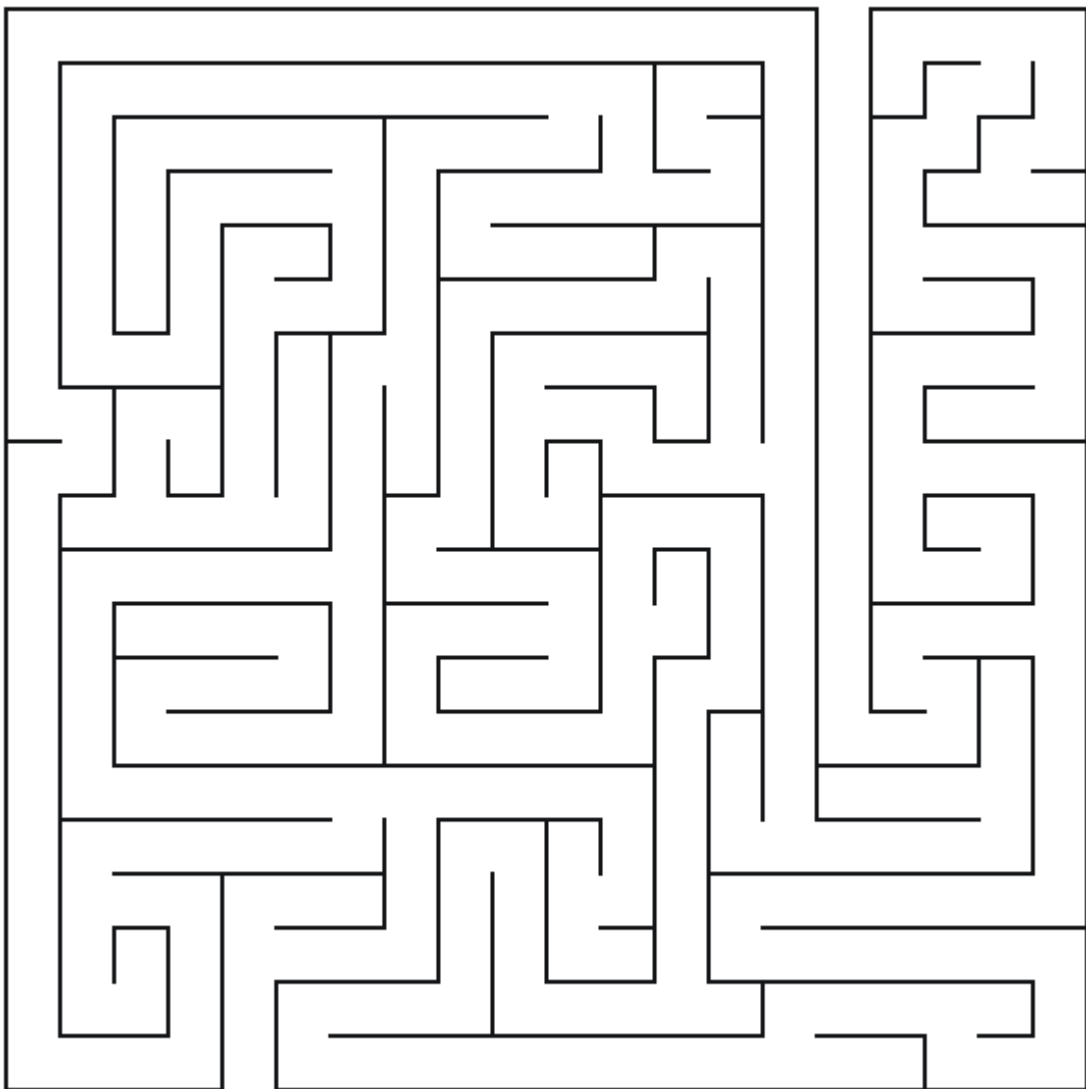


Colour me in please

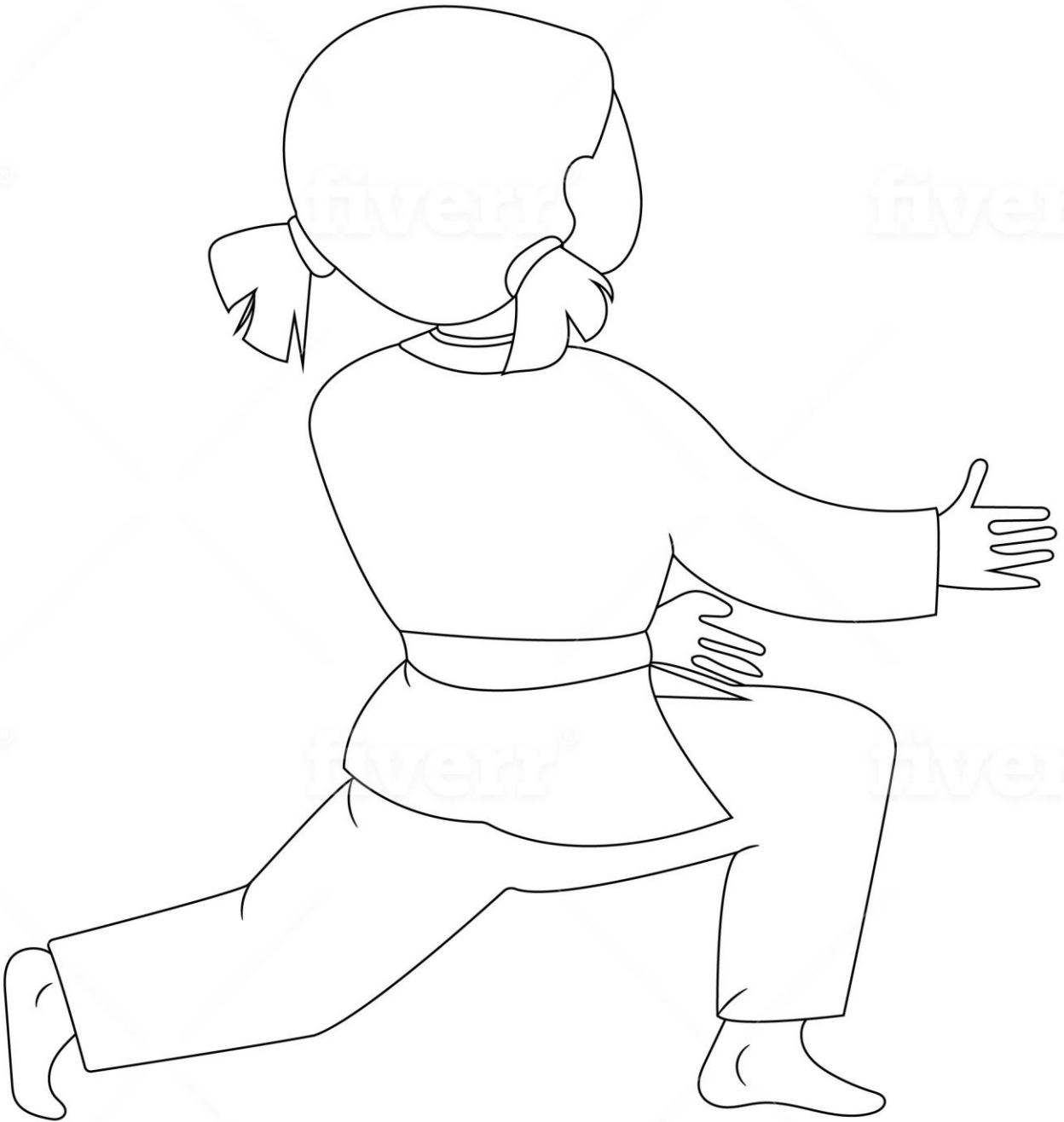


Many new things we try take time for us to become better at them, whether it is reading, spelling or our karate. For us to become better we have to show persistence and self-discipline.

Can you help Sensei Lindsey find her way to the dojo, it may not be quick or easy to get him there but be persistent and you will find the way.



Colour me in please





SHIN GI TAI

MARTIAL ARTS ACADEMY

O H E I S L I E E E A N E
E A E I L T I B T A U S B
R E E N E T S M L O E R R
E G H A I S S T R O B T U
E N A E B A N I R O C C R
O I H T A F T E U O F K T
R X H G L P H N S S N E S
L O I C A G C A A A R G S
E B S D N E I R F C T O U
R K O I C U E S S O T M E
E C S H E E P C B L S T S
N I H E N I E F E M I C E
R K R O W M A E T G S S L

BALANCE

BLOCK

BOUNCE

FAST

FORM

FRIENDS

KICK

KICKBOXING

PUNCH

RISINGHEROES

SENSEI

STRONG

TEAMWORK



Colour me in please





SHIN GI TAI

MARTIAL ARTS ACADEMY

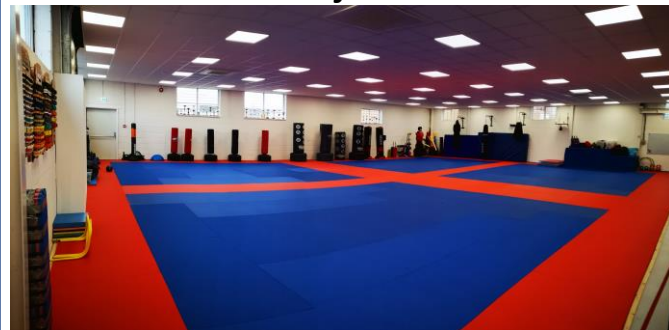
Can you draw a picture of someone doing a front kick?



Can you draw your own picture of someone doing a Rising Block?



Can you draw a picture of the dojo?

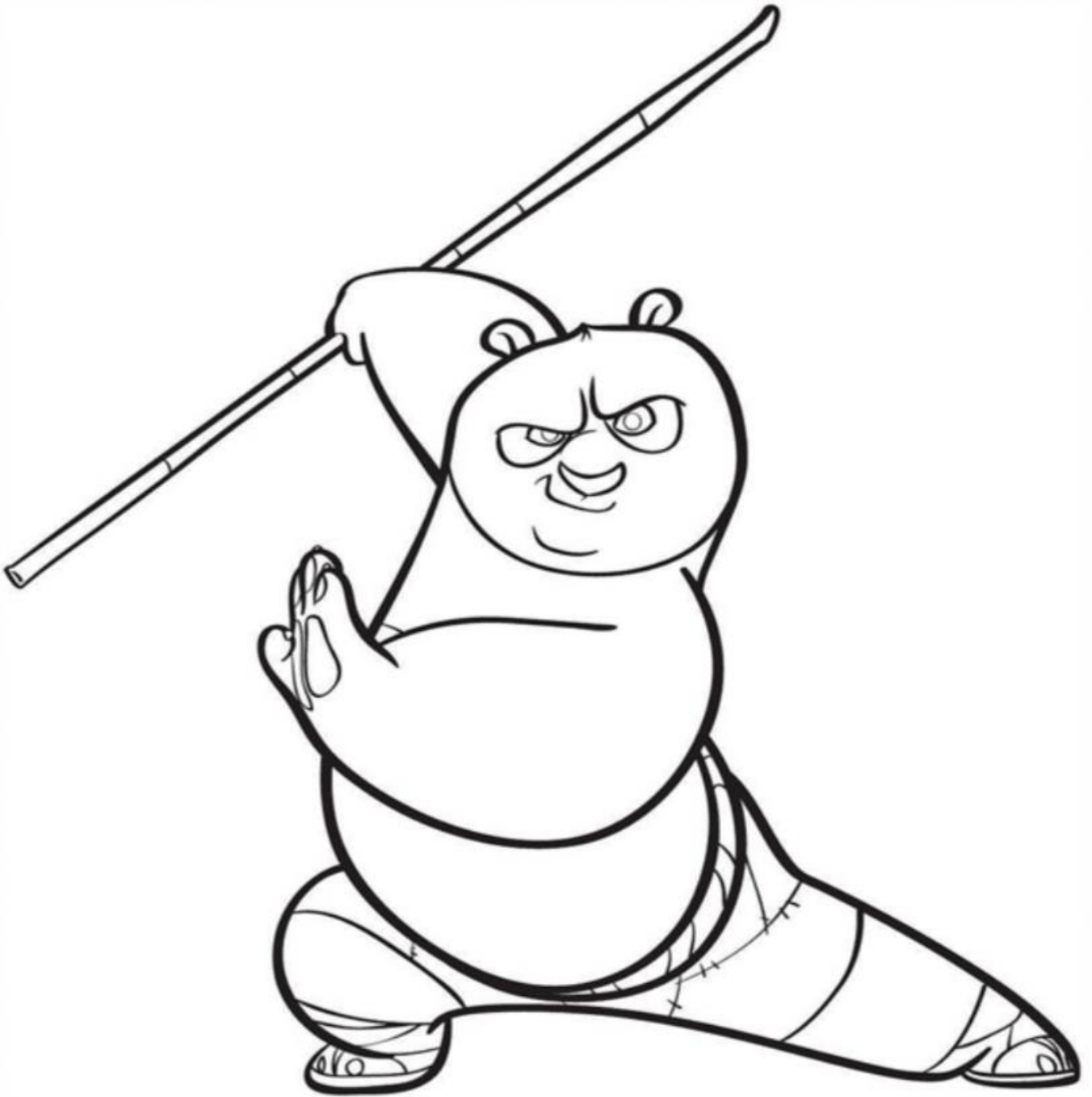




SHIN GI TAI
MARTIAL ARTS ACADEMY

DREAMWORKS
**KUNG FU
PANDA
3**

COLORING PAGE



People who tell us what to do 1 of 2

It is important to have rules and for someone who knows the rules to tell us what to do.

Our parents, teachers and police officers are some of the people that tell us what to do, but they are only doing it to help us learn so that we don't get hurt or into trouble.

We may not like some of the rules and some of the things that we are told to do, but if there are no rules then our community would not be a very nice place to live and it could be very unsafe.

1) Colour and join the picture of the person to the sentence which tells how each helps people in the community?

Parents make rules to help children do the right thing at home and to be safe



Police Officers make rules to keep people safe on the roads, in their homes and where they work



Teachers make rules to be fair to everyone and to help keep children safe



Coaches and Refs make rules to help children who like sport to play games well and to be fair to each other



People who tell us what to do 2 of 2

2) Discuss with a parent the following questions and ask them to write or scribe for you your answer.

What would happen if cars were allowed to drive as fast as they wanted and drive on any side of the road?

.....
.....
.....
.....

What would happen if children were allowed to shout, jump around and push each other in a class room?

.....
.....
.....
.....

What would happen if football players were allowed to kick each other, score in they own goals and pick up the ball?

.....
.....
.....
.....

What would happen if parents allowed you to do what you'd want, like not going to school, eating lots of sweets, not tidying your room and watching as much television or games as you wanted?

.....
.....
.....
.....



Colour me in please





KICKS & LADDERS


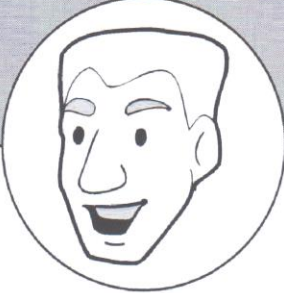





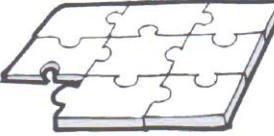


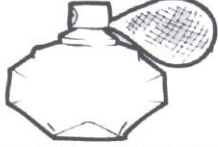
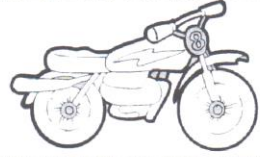


EQUIPMENT: Coins (to use as playing pieces) and dice.
DIRECTIONS: Roll the dice. Move your piece the number of spaces on the dice. If you land on a ladder, move your piece to the space at the top of the ladder. If you land on a chute, move down to the space at the bottom of the chute. Complete the exercise on the square before the next player goes. The first player to reach the 100 square WINS!



100 	99 10 Burpees	98 30 sec Plank	97 5 Side Kicks Each Leg	96 10 Crunches	95 5 Pushups	94 10 Squats w/Front Kick	93 30 sec Run in Place	92 10 Jab/Punch	91 Water Break
81 10 Axe Kicks Head High	82 2 Cart-wheels	83 10 Round-house Kicks	84 3 Burpees	85 10 Juchum-Seogi Punches	86 5 Frog Hops	87 30 sec Stretch Legs Super Wide	88 10 Jumping Jacks	89 5 Tuck Jumps	90 10 Kicks Your Choice
80 10 Jump Squats	79 20 sec Plank	78 5 Right Side Kicks	77 2 Back Rolls	76 10 Front Kicks High	75 Pop Kick "Ten" (leg stays up)	74 10 Pushups	73 30 sec Butterfly Stretch	72 10 Back Kicks	71 10 Lunges
61 Pop Kick "Ten" (leg stays up)	62 5 Burpees	63 30 sec High Knees	64 30 sec Bear Crawl	65 5 Left Side Kicks	66 10 Deep Breaths	67 10 Jab/Punch	68 10 Leg Raisers	69 10 Mountain Climbers	70 30 sec Toe Touch Stretch
60 2 Back Rolls	59 5 Frog Hops	58 30 sec Squat Hold	57 Front Kick "Ten" (leg stays up)	56 30 sec Legs Wide Stretch	55 5 V-Sits	54 30 sec Run in Place	53 2 Cart-wheels	52 10 Situps	51 10 Axe Kicks Head High
41 30 sec Wall Sit	42 Front Kick "Ten" (leg stays up)	43 Water Break	44 10 Tuck Jumps	45 10 Lunges	46 5 Squats	47 10 Juchum-Seogi Punches	48 10 Back Kicks	49 5 Pushups	50 30 sec Bear Crawl
40 10 Jumping Jacks	39 10 Leg Raisers	38 20 sec Plank	37 10 Deep Breaths	36 10 Round-house Kicks	35 10 Jab/Punch	34 2 Forward Rolls	33 2 Cart-wheels	32 30 sec One-Leg Balance	31 5 Frog Hops
21 30 sec Legs Wide Stretch	22 10 Crunches	23 5 Pushups	24 Water Break	25 10 Left Pop Kicks	26 10 Mountain Climbers	27 10 Squats	28 10 Situps	29 10 Right Pop Kicks	30 30 sec Butterfly Stretch
20 30 sec One-Leg Balance	19 2 Forward Rolls	18 5 Jump Squats	17 10 Deep Breaths	16 5 V-Sits	15 10 Front Kicks	14 10 Tuck Jumps	13 30 sec Squat Hold	12 3 Burpees	11 30 sec High Knees
1 5 Crunches	2 5 Squats	3 10 Jumping Jacks	4 20 sec Plank	5 Water Break	6 10 Situps	7 20 sec Wall Sit	8 5 Pushups	9 3 Burpees	10 10 Jab/Punch

Respecting other peoples belongings is very important and you should always ask before borrowing or using an item that belongs to someone else. Colour and cut out the items below and stick them under which person that may own them or you can draw the items under the person that they belong to.

How would you feel if someone borrowed an item of yours without asking?



Can you write Shin Gi Tai in Japanese?



Shin = Mind

Shin represents mind,
heart and good spirit.



Gi = Skill

Gi represents skill,
knowledge and experience



Tai = Body

Tai represents the body
and physical effort

