



Tiger Kids Kung Fu

Control



氣功

Qi Gong /Breathing skills

Squeeze the Ball & Up and Down
Move the Ball in front of Body
Developing Elbow Position

Monthly Topic - BULLIES

What is the hardest part of dealing with a
bully?

Release for Today - Push - Front or Back

Thoughts & Questions about Control

Controlling our minds and bodies helps us to stay focused and perform Kung fu techniques and forms correctly. By learning to control our breathing, we can increase our strength and endurance during Kung fu training. Being aware of our body movements and positioning can prevent injuries and help us to move more efficiently and effectively. By learning to control our emotions, we can stay calm and clear-headed during competitions or challenging situations. Mind and body control can help us to improve our balance, coordination, and overall physical fitness.

How does controlling our breathing help us during Kung fu training?

How can being aware of our body movements prevent injuries?

How does learning to control our emotions help us during competitions or challenging situations?

Training Tip for this week -

Perform your techniques working different speeds and intensities for a reasonable amount of time, like 10 - 20 mins a few days a week outside of class as a way to build your skills.

Daily Checklist

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Did I sleep 10-12 hrs?							
Did I eat 3 healthy meals?							
Did I choose healthy snacks?							
Did I exercise today for 20 minutes or more?							
Did I wash my hands after restroom and before eating?							
Did I brush my hair and teeth?							
Did I take a bath or shower?							
Did I sit & stand with a tall body?							

Winter Wonderland Word Find



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

HOT CHOCOLATE

TOBOGGAN

SNOWBALL

WINTER

BOOTS

SNOW BOARDING

SLEDDING

PINETREE

BEANIE

IGLOO

WINDCHEATER

EARMUFFS

ICESKATE

WINTRY

POLAR

SNOW ANGEL

DECEMBER

SWEATER

ICICLE

SKATE

FIREPLACE

HANUKKAH

BLANKET

GLOVES

SCARF

CHRISTMAS

HOLIDAYS

HEATER

FROSTY

COATS

SNOWFLAKE

BLUSTERY

SHIVER

CHILLY

WOOL

COMFORTER

SNOWSUIT

JACKET

GIVING

WIND