TRAINING
HARDWORK
KNIFE HAND BLOCK
DOJO
SQUATS
SHOTOKAN
HEIAN YODAN
HORSESTANCE
DEDICATION
JAB
HONOR
SENSEI
DETERMINATION
SELF CONTROL
REVERSE
BETHPAGE
CONFIDENCE
KARATE
GUARDING STANCE
HIGH BLOCK
BURPEES
STEP FORWARD
DASH
CHAMPION
VICTORY
BLUE BELT
GI ROLL
HOOK KICK
SELF DEFENSE TECHNIQUE
GRIT
HONOR
LEARN
GI
JAPANESE KARATE
BROWN BELT
1-2 KNEE
TRAIN
FOCUS
THE KARATE ACADEMY
POSTURE CHECK
ROUND KICK
TEAMWORK
MAKES A SIDE KICK
DREAM WORK
PERSISTENCE
TORNADO KICK
SEMPAI
MIDDLE SPLITS
GUARD
JOSHU
FIST
LEAD BY EXAMPLE
JAB
ROUND KICK
SPARRING
BOW
YELLOW BELT
LEADERSHIP
HIGH BLOCK
GUARD
SEIZA
POSTURE CHECK
PROGRESS
KI-AI
OKINAWA
RESPECT
PATIENCE
MAT
TECHNIQUE
SPINNING BACK KICK
HEIAN NIDAN
STEP UP FRONT KICK
SITUPS
BLACK BELT
SCISSOR SWEEPS
BACK FIST
KATA
KUMITE
WARRIOR
DETERMINATION
PUSH UPS
TRAINING
SELF DEFENSE