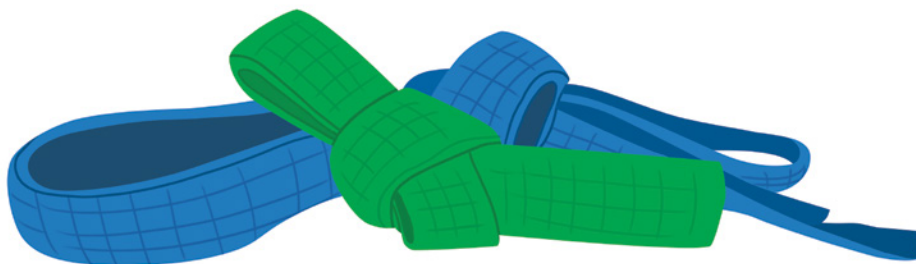


KAREEM'S AMAZING KARATE KICK



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Confidence Boost

Kareem and his friend Ryan meet outside their dojo.

“Hey! How was school today?”
Ryan asks.

“It was rough,” Kareem replies.
“I failed a quiz.”





Before their karate lesson, they both bow and whisper, “Osu.” This is a sign of respect.

“Bummer about the quiz,”
Ryan says. “Maybe you will
feel better after our lesson.”

“My confidence sure could
use a boost,” Kareem says.

Just then, Sensei Craig
calls out, “Line up!”

The students get in line
according to their belt color.





“At the end of class, we will break boards,” Sensei Craig announces.
“It’s a great way to build confidence in your skills.”

The other students are excited. But Kareem isn’t.
Not sure I’m up for that after my rough day,
he thinks.



