



Karate Kids Songahm #1 One Steps “Positive Affirmation”

#1 Get back. Leave me alone. I’m safe!

High block and say, Get back.
Punch and say, Leave
Punch and say, me
Punch and say, alone.
Low block and say, I’m safe!

#2 I listen, pay attention, follow directions, I’m a Karate Kid!

Middle stance and say, I
Inner forearm block (muscle block) and say, listen.
Side kick and say, pay attention.
Knifehand and say, follow directions.
Low block and say, I’m a Karate Kid!

#3 I’m polite, treat others right, I’m a winner!

Low block and say, I’m polite.
Front kick and say, treat
Punch and say, others
Punch and say, right.
Low block and say, I’m a winner!