



BASIC HAND PATTERN SONG (Sung to "Twinkle – Twinkle Little Star")

Get in Horse Stance, pull hands back

1,2,3,
(3 punches, starting with the left hand)

Two roofs / you see.
(Two overhead, "make a roof" blocks, right then left)

Ice cream / scoops
(Two outside blocks, right then left)

The phone's / for me.
(Two inside blocks, right then left)

Squash two bugs / against the wall
(Right hand down block / then left hand down block)

Chop two ninjas / see them fall.
(Right hand chop block / then left hand chop block)

Magic X / And now I'm done,
(Upper cross hand block / lower cross hand block)

My ka-ra-te's so much FUN!
(Pull hands back to original position)

This is intended as a fun way for our younger students to learn their Martial Arts International A-B-C's and their first stripe requirement – the Basic Hand Pattern. PARENTS, please assist your little ninja in learning this routine, I'm SURE you'll have a GREAT TIME AS WELL. If you need some assistance, please do not hesitate to ask one of our Senseis, they'll be more than happy to help you and perhaps even do a solo rendition for you.