



**APRIL 16 – MAY 14**

**WHAT IS TO GIVE LIGHT  
MUST ENDURE THE BURNING.**

The Texas Kali Challenge is a challenge of self-discipline and determination. It is an opportunity to forge your physical attributes and define yourself as a warrior of action. Do you want to be the one who read about it, or do you want to be the one who did it? Remember, the worst thing that can happen is nothing at all.

# The Challenge

The challenge is simple: Complete 10,000 power strikes using a rattan stick within a 4-week time limit. But, a true warrior also needs to be able to move. In addition to the 10,000 strikes, you will be challenged to endure perform 10,000 footwork and body mechanic exercises.

Upon completion, you will be recognized as one of the brave Kali Warriors who conquered the Texas Kali Challenge. You will receive a completion certificate and recognition on the Texas Kali Association website.

During the challenge, we will track our progress together and share photos thoughts and experiences along the way.

## Goals for the Challenge

The goal of the Texas Kali 10,000 Challenge is to unify Kali warriors in activity regardless of geographic location. It is to unify them by a bond that is created from overcoming boundaries on a journey to mastery. It is to condition those involved to train for success.

Remember that perfection of skill comes with repetition. Getting ahead of your competition requires stamina and endurance. Imagine if your opponent only trains 100 repetitions with his weapon per training session, but you train 500 each session. This is the principle of 500. It doesn't take long until you are far ahead.

**Day 1**      your opponent: 100      you: 500

**Day 2**      your opponent: 200      you: 1000

**Day 3**      your opponent: 300      you: 1500

Imagine after 10 sessions, 20 sessions, 30. Who will win? You will! That is training for success.

After completion of the Texas Kali Challenge, those who succeed will possess a tremendous momentum for fitness and self-discipline. It is hoped that those up for the challenge will inspire others to test their strengths and adopt a new program of training for success.

**Dates** - The challenge is scheduled to begin on or after April 16 and the final day is May 14. You may start after the start date, but you must finish before midnight May 14th, 2005. Now, let's hammer down!

## Here's how to get started:

1. Register for the challenge by sending an email to: [Leslie@TexasKali.org](mailto:Leslie@TexasKali.org).
2. Check the Texas Kali Association website for details on the challenge.
3. Use the tracking form to monitor your progress.
4. Start swinging.
5. Keep in touch using the forum and email. Send photos!
6. Finish with everyone on the final day, May 14th 2005.

**Recommended combinations** – You can choose whatever strikes and exercises that are related to your style or preference. Below are some suggestions as well as guidance on how to count them.

**Striking:** Use both arms. Count each strike if you are doing simple strikes. Count each set if you are using a combination, then multiply by the number of strikes in the combination when you are done with that session.

**Footwork / mechanics:** Count each time you complete a movement or step. Count each time you step into the apex of a triangle or turn to the left or right.

**Quality of strikes** – The quality of your strikes is on your honor. Although you can choose whatever type of combination or strike, it is better to do something that is fluid and geared for power. Make sure they are really strikes and strive to improve your body mechanics.

**Keep in touch** – Leave feedback and track your progress together on our forum. Just look in the general discussion forum for the topic called the Texas Kali Challenge. Encourage others to continue as you tough it out.

**Submit photos** – Please feel free to submit photos of yourself, your students, your partners and your blisters as you train. We'll post them on the site. (The best size for me is 230 x 173 pixels in jpg format.)

**Group finish** – Some of you are ambitious and I know you want to finish ASAP, but please save a few strikes for the last day, so we can all finish together. Remember you are competing with yourself and we are supporting each other as a team.

**Challenge Met** – Once it is all over, send an email confirming that you completed the challenge. Post it on the forum, and tell us about your experience. We will post your name on the website among a list of those who succeeded like you. We will then email a completion certificate that you can print and hang. Remember this is all on your honor, so it's up to you and your integrity.

**Disclaimer / Waiver** – You are responsible for everything you do. If participation in this activity results in any injury or condition, the Texas Kali Association is not responsible. Participation in the Texas Kali 10,000 Challenge means you accept this waiver and release the Texas Kali Association and all its members from liability.

# THE TEXAS KALI CHALLENGE

## TRACKING SHEET

week	daily	weekly
1	500x5days	2500
2	500x5days	2500
3	500x5days	2500
4	500x5days	2500
<b>total</b>		<b>10,000</b>

week	daily	weekly
1	300x7days	2100
2	300x7days	2100
3	400x7days	2800
4	500X6days	3000
<b>total</b>		<b>10,000</b>

strikes										
	100	100	100	100	100	100	100	100	100	100
reps by 100's										

footwork / body mechanics										
	100	100	100	100	100	100	100	100	100	100
reps by 100's										

week	strikes	total
1		
2		
3		
4		
<b>total</b>		

week	footwork	total
1		
2		
3		
4		
<b>total</b>		

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