

2ND BROWN BELT KARATE HOMEWORK CARD

4

_____ Name _____

HOW MANY TIMES DID YOU PRACTICE...?

Date: _____ Kicking Set 1

Date: _____ Coordination Set 1

Date: _____ Stance Set 1

Date: _____ Striking Set 1

Date: _____ Finger Set 1

Date: _____ Coordination Set 2

Date: _____ Stance Set 2

Date: _____ Blocking Set 2

Date: _____ Kicking Set 2

Technique	Date	Parent Sign
Prance of the Tiger		
Broken Rod		
Entwined Maces		
Defying the Rod		
Fatal Deviation		
Twisted Rod		

Parent Sign: _____ Instructor Initial: _____