

2ND BROWN BELT KARATE HOMEWORK CARD

2

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
Escape from the Storm		
Circling Windmills		
Destructive Kneel		
Bowing to Buddha		
Reversing Circles		
Reprimanding the Bears		

Parent Sign: _____ Instructor Initial: _____