

3RD 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

Technique	Date	Parent Sign
Parting of the Snakes		
Thrusting Lance		
Blinding Sacrifice		
Snakes of Wisdom		
Entwined Lance		
Falling Falcon		

Parent Sign: _____ Instructor Initial: _____