

Name _____

3RD BROWN BELT KARATE HOMEWORK CARD

1

HOW MANY TIMES DID YOU PRACTICE...?

Date: _____ Blocking Set 1

Date: _____ Short Form 1

Date: _____ Long Form 1

Date: _____ Short Form 2

Date: _____ Long Form 2

Date: _____ Short Form 3

Date: _____ Long Form 3

Technique	Date	Parent Sign
Glancing Spear		
Thrust into Darkness		
Circling Fans		
Rotating Destruction		
Falcons of Force		
The Bear and the Ram		

Parent Sign: _____ Instructor Initial: _____