
Name

BLUE BELT KARATE HOMEWORK CARD

3

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

Technique	Date	Parent Sign
Fallen Cross		
Returning Storm		
Crossed Twigs		
Twist of Fate		
Flashing Mace		
Gift of Destiny		

Parent Sign: _____ Instructor Initial: _____