
Name

BLUE BELT KARATE HOMEWORK CARD

4

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

| Technique | Date | Parent Sign |
|----------------------|------|-------------|
| Wings of Silk | | |
| Gripping Talon | | |
| Gathering Clouds | | |
| Destructive Twins | | |
| Broken Ram | | |
| Circling the Horizon | | |

Parent Sign: _____ Instructor Initial: _____