

# BLUE 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

Technique	Date	Parent Sign
Defying the Storm		
Raking Mace		
Snaking Talon		
Shield and Mace		
Retreating Pendulum		
Tripping Arrow		

Parent Sign: \_\_\_\_\_ Instructor Initial: \_\_\_\_\_