

Name _____

BLUE 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

Technique	Date	Parent Sign
Begging Hands		
Thrusting Wedge		
Flashing Wings		
Hugging Pendulum		
Repeated Devastation		
Entangled Wing		

Parent Sign: _____ Instructor Initial: _____