

\_\_\_\_\_  
Name

# GREEN 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

Date: \_\_\_\_\_ Coordination Set 2

Technique	Date	Parent Sign
Securing the Storm		
Intercepting the Ram		
Kneel of Compulsion		
Clipping the Storm		
Glancing Wing		
The Back Breaker		

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