

\_\_\_\_\_  
Name

# GREEN BELT KARATE HOMEWORK CARD

# 2

**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
Brushing the Storm		
Menacing Twirl		
Leap from Danger		
Circles of Protection		
Circle of Doom		
Broken Gift		

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