

Name \_\_\_\_\_

# ORANGE BELT KARATE HOMEWORK CARD

# 3

**HOW MANY TIMES DID YOU PRACTICE...?**

Date: \_\_\_\_\_ Blocking Set 1

Date: \_\_\_\_\_ Short Form 1

Date: \_\_\_\_\_ Long Form 1

Date: \_\_\_\_\_ Kicking Set 1

Technique	Date	Parent Sign
Crossing Talon		
Repeating Mace		
Shielding Hammer		
Striking Serpent's Head		
Locked Wing		
Obscure Wing		

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