
Name

ORANGE BELT KARATE HOMEWORK CARD

1

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
Clutching Feathers		
Triggered Salute		
Dance of Death		
Thrusting Salute		
Gift of Destruction		
Locking Horns		

Parent Sign: _____ Instructor Initial: _____