
Name

ORANGE BELT KARATE HOMEWORK CARD

2

HOW MANY TIMES DID YOU PRACTICE...?

Date: _____ Blocking Set 1

Date: _____ Short Form 1

Date: _____ Long Form 1

Date: _____ Kicking Set 1

Learn Your Purple Belt Pledge:

I hold the art of Kenpo sacred and freely take upon myself the obligation and responsibility that I shall never hurt or make afraid. I shall fight only if forced to defend myself and shall be slow to anger, loath to take offense, quick to forgive, and to forget personal affront.

Technique	Date	Parent Sign
Lone Kimono		
Glancing Salute		
Five Swords		
Buckling Branch		
Scraping Hoof		
Grip of Death		

Parent Sign: _____ Instructor Initial: _____