

Name \_\_\_\_\_

# ORANGE BELT KARATE HOMEWORK CARD

# 4

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

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

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

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

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

### Learn Your Blue Belt Pledge:

I shall never let pride rule my passions and will defend, with all the skills I possess, the weak, the helpless, and the oppressed. I pledge an unswerving loyalty to the school and my instructor. In addition, I pledge an unending effort to earn the self-same loyalty from those who look to me for training.

Technique	Date	Parent Sign
Reversing Mace		
Thrusting Prongs		
Twisted Twig		
Obscure Sword		
Raining Claw		
Crashing Wings		

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