

_____ Name

PURPLE BELT KARATE HOMEWORK CARD

2

HOW MANY TIMES DID YOU PRACTICE...?

Date: _____ **Kicking Set 1**

Date: _____ **Coordination Set 1**

Date: _____ **Stance Set 1**

Learn Your Green Belt Pledge:

I pledge a continued effort to sharpen my skills, to increase my knowledge, and to broaden my horizons. I shall obligate myself under the direction of my instructor to learn the skills of a teacher which will enable me to teach my skills in the prescribed manner outlined by Mr. Ed Parker.

Technique	Date	Parent Sign
Evading the Storm		
Charging Ram		
Parting Wings		
Thundering Hammers		
Squeezing the Peach		
Circling Wing		

Parent Sign: _____ **Instructor Initial:** _____