
Name

WHITE BELT KARATE HOMEWORK CARD

1

HOW MANY TIMES DID YOU PRACTICE...?

Date: _____ Blocking Set 1

For the chart to the right, pick TWO Yellow Belt techniques to practice.

Learn Your Yellow Belt Pledge:

I come to you with only Karate, empty hands, I have no weapons, but should I be forced to defend myself, my principles or my honor, should it be a matter of life or death, of right or wrong: then here are my weapons, Karate, my empty hands.

| Technique | Date | Parent Sign |
|-----------|------|-------------|
| | | |
| | | |

Parent Sign: _____ Instructor Initial: _____