



KARATE HOMEWORK CARD



Practice at home for 20-30 minutes and have your parents initial and date one mark each day.
Bring your card to class when you have 7 marks and you will receive an attitude stripe. Your instructor will write notes on the back of what you need to practice.

Student Name: _____

Dates of practice...

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____

Parent Sign: _____ Instructor Initial: _____

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