



KARATE HOMEWORK

STUDENT NAME _____ AGE _____

Each time you practice at home, write down how many minutes and what you practiced. Once you have practiced ***five times for 15-20 minutes***, turn in your sheet to receive an attitude stripe.

- 1. ___ MINUTES OF : _____
- 2. ___ MINUTES OF : _____
- 3. ___ MINUTES OF : _____
- 4. ___ MINUTES OF : _____
- 5. ___ MINUTES OF : _____

Parent Signature _____ Date _____ Stripe

Instructor Signature _____ Date _____

- 6. ___ MINUTES OF : _____
- 7. ___ MINUTES OF : _____
- 8. ___ MINUTES OF : _____
- 9. ___ MINUTES OF : _____
- 10. ___ MINUTES OF : _____

Parent Signature _____ Date _____ Stripe

Instructor Signature _____ Date _____

- 11. ___ MINUTES OF : _____
- 12. ___ MINUTES OF : _____
- 13. ___ MINUTES OF : _____
- 14. ___ MINUTES OF : _____
- 15. ___ MINUTES OF : _____

Parent Signature _____ Date _____ Stripe

Instructor Signature _____ Date _____