

KARATE HOMEWORK

STUDENT NAME _____ AGE _____ BELT _____

DEVELOPING GOOD HABITS THAT WILL LAST A LIFETIME

Each time you practice at home, write down how many minutes and what you practiced. Once you have practiced five times for **AT LEAST** 15 minutes, turn in your sheet to receive a Self Discipline (Blue) stripe.

1. ___ MINUTES OF: _____

2. ___ MINUTES OF: _____

3. ___ MINUTES OF: _____

4. ___ MINUTES OF: _____

5. ___ MINUTES OF: _____

Parent Signature: _____ Date _____ Stripe

Instructor Signature: _____ Date _____

1. ___ MINUTES OF: _____

2. ___ MINUTES OF: _____

3. ___ MINUTES OF: _____

4. ___ MINUTES OF: _____

5. ___ MINUTES OF: _____

Parent Signature: _____ Date _____ Stripe

Instructor Signature: _____ Date _____

1. ___ MINUTES OF: _____

2. ___ MINUTES OF: _____

3. ___ MINUTES OF: _____

4. ___ MINUTES OF: _____

5. ___ MINUTES OF: _____

Parent Signature: _____ Date _____ Stripe

Instructor Signature: _____ Date _____

ON A QUEST TO BE THE BEST!!

Crabapple Martial Arts Academy