



Name _____

Karate Homework Sheet

You will improve at karate faster if you practice at home.

Things you can practice:

- New katas (figuring out the moves)
- Old katas (improve stances, targeting, focus, head turns)
- Upper body basics (punches, blocks)
- Lower body basics (stances, kicks)
- Self-defense
- Advanced material you have been taught (shadow boxing, weapons, kick combinations, continuous basics)

Practice at home for 10-20 minutes and you and your parent may initial and date one blank. Bring your sheet to class when all ten blanks are full and you will receive a homework stripe for your belt.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

The Martial Way is about trying your best at all times. What is something you could do better at home? (Make your bed, clean your room, empty the dishwasher, etc.) Set a GOAL for yourself and let us know how you are doing.

MY GOAL IS _____

I am: doing great/ doing ok/ needing to try harder.