

Name \_\_\_\_\_

## Junior Intermediate: Home Practice Training Record

### \*KATA

Blue Belt: Wansu Kata (also review Naihanchi kata)

Advanced Blue Belt: Seisan Kata (also review Naihanchi kata)

Purple Belt: Wansu and Seisan Kata (also review Naihanchi kata)

### \*Kicks

Double roundhouse kick, Hook kick, Crescent kick, & Spinning Back kick

Refer to Belt Requirement sheets for information on single or combination kicks required for each belt level.

### \*Weapons

Bo Staff

Refer to Belt Requirement sheets for information on certain strikes, blocks, and combinations required for each belt level.

### \*Self Defense

Refer to belt requirement sheet for information on required self defense techniques or sets.

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### Section 2: Home Practice Training Record

Earn a red stripe on your Karate Belt by completing 3 practices at home. Parents: please mark the date of the practice and your initials in the box. Your child should bring the sheet into class after 3 practice sessions have been completed so they can earn a red stripe on their belt. Practice times should consist of 10 to 15 minutes.




**Section 3: Personal Achievement** - At the karate school we always like to acknowledge and encourage a job well done. If your child has completed something and you feel they should be recognized please write it down so we can highlight the student and they can receive a blue stripe.