

Week of: \_\_\_\_\_

# My Karate Practice Sheet

Use this sheet to keep track of your progress as you practice your karate & other skills. Set your daily or weekly goals, and then check off each time you practice one of the items outside of regular class-time. Plan a small reward if you meet your goals! There are also blank spots included. Fill them in with shobu, push-ups, stretching, additional kata and whatever else you wish to improve, like piano or multiplication tables. Please make lots of photocopies of this sheet so you can use it for years to come!

If I practice \_\_\_\_\_ (not in class),

I get \_\_\_\_\_ as a reward.

Signed By: \_\_\_\_\_ & \_\_\_\_\_  
(parent) (child)

<b>Today I did...</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Basics							
Pinan 1							
Pinan 2							
Seisan							
Seiunchin							
Naihanchi							
Wansu							