

House of Courage Karate

Weekly Kata Record

Student: _____

Student Rank: _____ Promotion Rank: _____ Belt Size: _____

<i>Day</i>	<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>	<i>Week 5</i>	<i>Week 6</i>	<i>Week 7</i>	<i>Week 8</i>	<i>Week 9</i>	<i>Week 10</i>	<i>Week 11</i>	<i>Week 12</i>	<i>TOTAL</i>
Sunday													
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
TOTAL													

30 Practices per Kata Required for Promotion

Kata(s) To Practice _____

Student Signature: _____

Date Beginning: _____

Parent Signature: _____

Date Ending: _____

You need to practice your previous kata(s) 3 times as much as the current kata you are learning