

Kata Homework Log

Kaufmann's Karate

352.666.4457 | kaufmannskarate.com

KATA	MON	TUE	WED	THU	FRI	SAT
Naihanchi Shodan						
Naihanchi Nidan						
Naihanchi Sandan						
Pinon Shodan						
Pinon Nidan						
Pinon Sandan						
Pinon Yondan						
Pinon Godan						
Chung San						
Iron Butterfly						
Seisan						
Sanchin						
Bassai Dai						
Weapons Kata						

STUDENT NAME

PARENT SIGNATURE

DATE SIGNED

STRIKE ONE
(25 push ups)

STRIKE TWO
(100 push ups)

STRIKE THREE
(Lose your belt
for 2 weeks)

INSTRUCTIONS:

Do all Katas 5 times a week.

Write down number of times a kata was performed each day.

For example: if you did Naihanchi Shodan once on Monday, but twice on Wednesday, put down "1" in Monday column, and "2" in Wednesday column.