



PERFECT PRACTICE

STUDENT NAME: _____

THE FOLLOWING JOB LIST IS TO BE COMPLETED BETWEEN BELT TESTING EVENTS AND MUST BE HANDED IN DURING THE 5TH WEEK (STRIPE WEEK) TO RECEIVE YOUR PERSONAL ACHIEVEMENT STRIPE AND TO BE ELIGIBLE FOR RANK PROMOTION. BEGINNER BELTS NEED A MINIMUM OF 1 STRIPE. INTERMEDIATES NEED A MINIMUM OF 2 STRIPES, AND ADVANCED STUDENTS NEED A MINIMUM OF 3 PERSONAL ACHIEVEMENT STRIPES.

WEEK 1	SU	M	T	W	R	F	SA
Attend karate class							
Practice kata (minimum 5 times each)							
Practice basics (blocks, kicks, punches and stances)							
Practice self-defense techniques							

WEEK 2	SU	M	T	W	R	F	SA
Attend karate class							
Practice kata (minimum 5 times each)							
Practice basics (blocks, kicks, punches and stances)							
Practice self-defense techniques							

WEEK 3	SU	M	T	W	R	F	SA
Attend karate class							
Practice kata (minimum 5 times each)							
Practice basics (blocks, kicks, punches and stances)							
Practice self-defense techniques							

WEEK 4	SU	M	T	W	R	F	SA
Attend karate class							
Practice kata (minimum 5 times each)							
Practice basics (blocks, kicks, punches and stances)							
Practice self-defense techniques							

X = TASK COMPLETED

○ = TASK NOT COMPLETED

N/A = NOT APPLICABLE



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