

NAME: \_\_\_\_\_

**KARATE WORKOUT TIME!!!!**

DATE \_\_\_\_\_

ACTIVITY		WHICH ONES DID YOU DO?	HOW MUCH TIME DID YOU SPEND ON THIS ACTIVITY?
WARMUPS	STRETCHING		
	STRENGTH		
CHART EXERCISES	HANDS		
	FEET		
	COMBINATIONS		
KATA	YOUR FAVORITE		
	LEAST FAVORITE		
KUMITE TECHNIQUES	1-15		
SELF-DEFENSE	RELEASES		
	FOLLOW UP TECHNIQUES		
Packets	Read and learn		

We recommend that you do these activities 2 – 3 times a week.

Copy this chart everyday you workout and paste it in a Word document. Fill it in and then send it to:

[marcumsmartialarts@gmail.com](mailto:marcumsmartialarts@gmail.com). Put your name in the subject space of the email.

We will be checking these and making recommendations for each student.

Hanshi and Shihan Marcum