



# 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													
<b>TOTAL</b>													

**50 Katas 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\*\*\***

214.773.8213  
www.houseofcouragekarate.com  
david@houseofcouragekarate.com