

OKINAWAN SCHOOL OF 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>Total</i>
Sunday									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Total									

50 Katas Required For Promotion

Kata to Practice _____

Student Signature: _____

Date Beginning: _____

Parent Signature: _____

Date Ending: _____