



Home Training Sheet

KARATE FOR KIDS

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Ready to Test	Parent permission to test: Yes - or - No	
Participated in at least 2 live or recorded classes this week	Red	Grey	Red	Grey	Red	Grey	Red	Grey	Red		
Focused on the lesson	Red	Grey	Red	Grey	Red	Grey	Red	Grey	Red		
Demonstrated Belief Yes, I Can!	Red	Grey	Red	Grey	Red	Grey	Red	Grey	Red		
Showed the willingness to learn (Learning Stripe)	Diagonal stripes	Grey	Red	Grey	Red	Grey	Red	Grey	Red		
Followed the First Time rule at home	Red	Grey	Red	Grey	Red	Grey	Red	Grey	Red		
Practicing with Determination (Practicing Stripe)	Diagonal stripes	Diagonal stripes	Red	Grey	Red	Grey	Red	Grey	Red		
Able to Perform the moves in class with confidence (Performance Stripe)	Diagonal stripes	Diagonal stripes	Diagonal stripes	Diagonal stripes	Diagonal stripes	Grey	Red	Grey	Red		

Stripe 1 - At least 3 classes and Learning Box is checked.
 Stripe 2 - 6 Classes and Practicing Box is checked.
 Stripe 3 - 9 Classes and Performance Box is checked.

* Class credit from before Covid-19 Counts

Each color belt will need 3 stripes. Parents apply stripes to one side of the belt. Black Belts don't need stripes but the same applies