Slow Kick Homework

Student Name and Belt Rank: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Improve your kicks by taking the time to do them properly! When you practice 10 slow kicks on each leg, have a parent sign the date and their initials on one of the numbered sessions. Once you have completed one session, bring this sheet to class and show your instructors. As a reward you will receive stripes.

1. \_\_\_\_  2. \_\_\_\_  3. \_\_\_\_  4. \_\_\_\_  5. \_\_\_\_  6. \_\_\_\_  7. \_\_\_\_ 8. \_\_\_\_  9. \_\_\_\_  10. \_\_\_\_\_

*Instructor Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

1. \_\_\_\_  2. \_\_\_\_  3. \_\_\_\_  4. \_\_\_\_  5. \_\_\_\_  6. \_\_\_\_  7. \_\_\_\_ 8. \_\_\_\_  9. \_\_\_\_  10. \_\_\_\_\_

*Instructor Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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*Instructor Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

1. \_\_\_\_  2. \_\_\_\_  3. \_\_\_\_  4. \_\_\_\_  5. \_\_\_\_  6. \_\_\_\_  7. \_\_\_\_ 8. \_\_\_\_  9. \_\_\_\_  10. \_\_\_\_\_

*Instructor Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

Comments/ Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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