



## Level 1

10 Push Ups   10 Sit Ups   10 Mountain Climbers   1 min of splits  
5 Min of Karate Review

**Bring this card to class when you have completed 3 days and you will receive an attitude sticker**

**Students Name:** \_\_\_\_\_

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Parents Initial: \_\_\_\_\_ Black Belt Initial: \_\_\_\_\_

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**Head Instructor Signature:** \_\_\_\_\_

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