



Level 3

30 Push Ups 30 Sit Ups 30 Mountain Climbers 30 Side Kicks 1 Min Splits
10 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: _____

1. _____ 2. _____ 3. _____

Parents Initial: _____ Black Belt Initial: _____

1. _____ 2. _____ 3. _____

Parents Initial: _____ Black Belt Initial: _____

1. _____ 2. _____ 3. _____

Head Instructor Signature: _____

1. _____ 2. _____ 3. _____

Parents Initial: _____ Black Belt Initial: _____

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Parents Initial: _____ Black Belt Initial: _____

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Head Instructor Signature: _____

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Parents Initial: _____ Black Belt Initial: _____

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Parents Initial: _____ Black Belt Initial: _____

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Head Instructor Signature: _____