



Daily Homework Assignments

40 Push Ups 40 Sit Ups 40 Side Kicks 100 Jump Ropes 2 Min Splits
10 Min of Karate Review

Students Name: _____

1. _____ 2. _____ 3. _____

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Head Instructor Signature: _____

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Head Instructor Signature: _____

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Head Instructor Signature: _____