

American Sport Karate Association

Student Monthly Homework Sheet

“Practice doesn’t make perfect, perfect practice doesn’t make perfect, practice makes improvements and improvements lead to excellence!”

For the month of: _____

Subject	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Clear your mind																														
Warm up for 5 minutes																														
Pike																														
Straddle																														
Butterfly																														
Chinese splits 1 minute																														
American splits 1 minute (right)																														
American splits 1 minute (left)																														
(10) 3-count front kick																														
(10) 3-count roundhouse kick																														
(10) 4-count sidekick																														
15 roundhouses against wall																														
Hold side kick for 1 minute each																														
10 Push ups																														
10 Sit ups																														
10 Leg raises																														
Do homework																														
Read for 30 minutes																														
Help around home																														
Read Student Creed																														
Eat good food																														
Listen to your parents																														
Limit watching TV to 1 Hr. day																														

Your name: _____

Signature: _____

Parent’s name: _____

Parent’s signature: _____

Please make extra copies of this sheet if needed.