

**SAIFA****KATA PROGRESS CARD****STUDENT NAME:****DOJO:****SAIFA**

Ready

Counts 1 - 6

Counts 7 - 10

Counts 11 - 14



Step by Step Kata Video's available!

SCAN THE QR**SAIFA (Continued)**

Ready

Counts 15 - 18

Counts 19 - 20

1st Kata (Taigyoku Shodan) Own Timing

2nd Kata (Taigyoku Nidan) Own Timing

 Ready for 6th Kyu Grading? Ready for 5th Kyu Grading?**Sensei Sign:** _____**SAIFA****KATA PROGRESS CARD****STUDENT NAME:****DOJO:****SAIFA**

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 Ready for 6th Kyu Grading? Ready for 5th Kyu Grading?**Sensei Sign:** _____

HOW TO USE THIS CARD

Bring this card with you to class so that your Instructor can track your progress.

Your Instructor will place a tick or initial in the **'Ready'** section of the card as your skills develop.

NOTE: ONLY AN INSTRUCTOR MAY APPROVE A STUDENTS PROGRESS



GKRKARATE
KARATE FOR EVERYONE

SAIFA
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