



1ST & 2ND KATA

KATA PROGRESS CARD

STUDENT NAME:

DOJO:

1ST KATA (Taigyoku Shodan)

Ready

Counts 1 - 4	
Counts 5 - 8	
Counts 9 - 12	
Counts 13 - 16	
Counts 17 - 20	

2ND KATA (Taigyoku Nidan)

Ready

Counts 1 - 4	
Counts 5 - 8	
Counts 9 - 12	
Counts 13 - 16	
Counts 17 - 20	



Step by Step Kata Video's available!

SCAN THE QR



Ready for 7th Kyu Grading?

☐

Sensei Sign: _____



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☐

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

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& TAIGYOKU NIDAN**
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