



# Weekly Kata Worksheet

Name: \_\_\_\_\_

Dates: \_\_\_\_\_

For each day that you practice at home, write the number of times you perform each kata **or** the amount of time you spend on each kata.

Kata	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes or Questions*
Kihon Kata #1 (Ichi)								
Kihon Kata #2 (Ni)								
Kihon Kata #3 (San)								
Kihon Kata #4 (Shi)								
Kihon Kata #5 (Go)								
Naihanchi Shodan								
Pinan Shodan								
Pinan Nidan								
Pinan Sandan								
Pinan Yondan								
Pinan Godan								
Itosu Passai								
Naihanchi Nidan								
Kusanku Sho								
Matsumura Passai								
Niahanchi Sandan								
Kusanku Dai								
Chinto								
<b>Class Days</b>								

\* Please continue your notes on the back of this page, if needed. This document is based upon the original kata worksheet designed by Taylor. (Last revised 10/10.)