



Goju-Ryu Karate-Do Ho-Ei Juku

COVID-19 Training Weekly Diary Record

Name;..... Week Commencing;.....

During this unusual time of isolation, it is important to keep your mind and body active. So here's a weekly sheet to print out and use to record all your efforts. If there are gaps left, it is an indication that still more could be done... Complete the diary to show the exercise you have done. Show which days you have done karate, or other exercise and for how long. You can also include running, swimming, cycling and other types of healthy exercise. Do refer to the Ho Ei Juku Karate Training Manual if you have questions, and to help set new goals...

N.B. Submit a full set of diary record sheets when we return to regular training and these will be a massive help for us in assessing your next promotion... You can do it...!!!

Record the time in minutes spent each day on the following...							
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
General warm-up							
Additional conditioning							
Additional stretching							
Blocking techniques							
Striking techniques							
Kicking techniques							
Three-step sparring							
Three-level sparring							
One-step sparring							
Kata practice							
Kata applications							
Bag-work or impact work							
Other sport activities ...?							
Note how many of these exercises you performed each day...							
Press-ups							
Sit-ups							
Squat-thrust							
Skipping							

I promise I have done Karate training exercise for at least 20 minutes on the above days.

Signed;.....