



## **Setting goals**

In the area below, list several goals that you would like achieve this year in karate. Turn this sheet back in for a stripe! The senseis will be holding on to these, and we will go over them later to see how you did!

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_