

LLANDUDNO KARATE ASSOCIATION

ELITE DEVELOPMENT SQUAD

NAME: _____

FIELD (KATA/KUMITE) : _____

RECOGNISED BY

WALES KARATE FEDERATION

ELITE DEVELOPMENT SQUAD

PERSONAL DETAILS

PLEASE READ CAREFULLY BEFORE STARTING TO WRITE AND COMPLETE IN BLOCK CAPITALS

MR/MRS/MISS/MS FIRST NAME: _____ **SURNAME:** _____

ADDRESS:

_____ **POST CODE:** _____

TEL.HOME: _____ **MOBILE:** _____

ASSOCIATION: _____

STYLE: _____

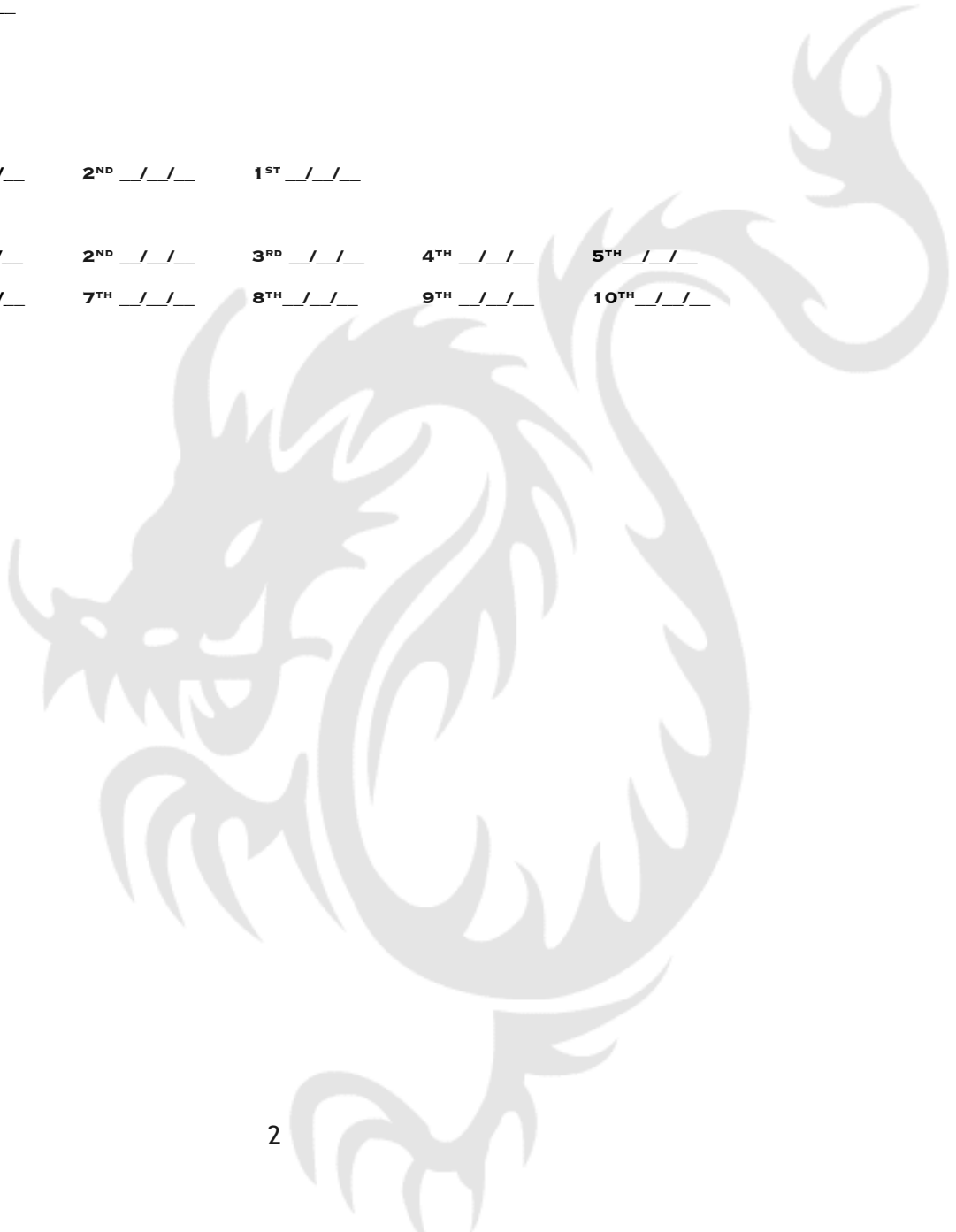
ASSOCIATION LICENCE NUMBER & EXPIRY:

_____ / /

DATES GRADE OBTAINED:

KYU: **3RD** / / **2ND** / / **1ST** / /

DANS: **1ST** / / **2ND** / / **3RD** / / **4TH** / / **5TH** / /
6TH / / **7TH** / / **8TH** / / **9TH** / / **10TH** / /



ELITE DEVELOPMENT SQUAD

COMPETITION RECORDS

COMPETITION: _____

DATE OF COMP: __/__/__ **VENUE:** _____

COMMENTS: _____

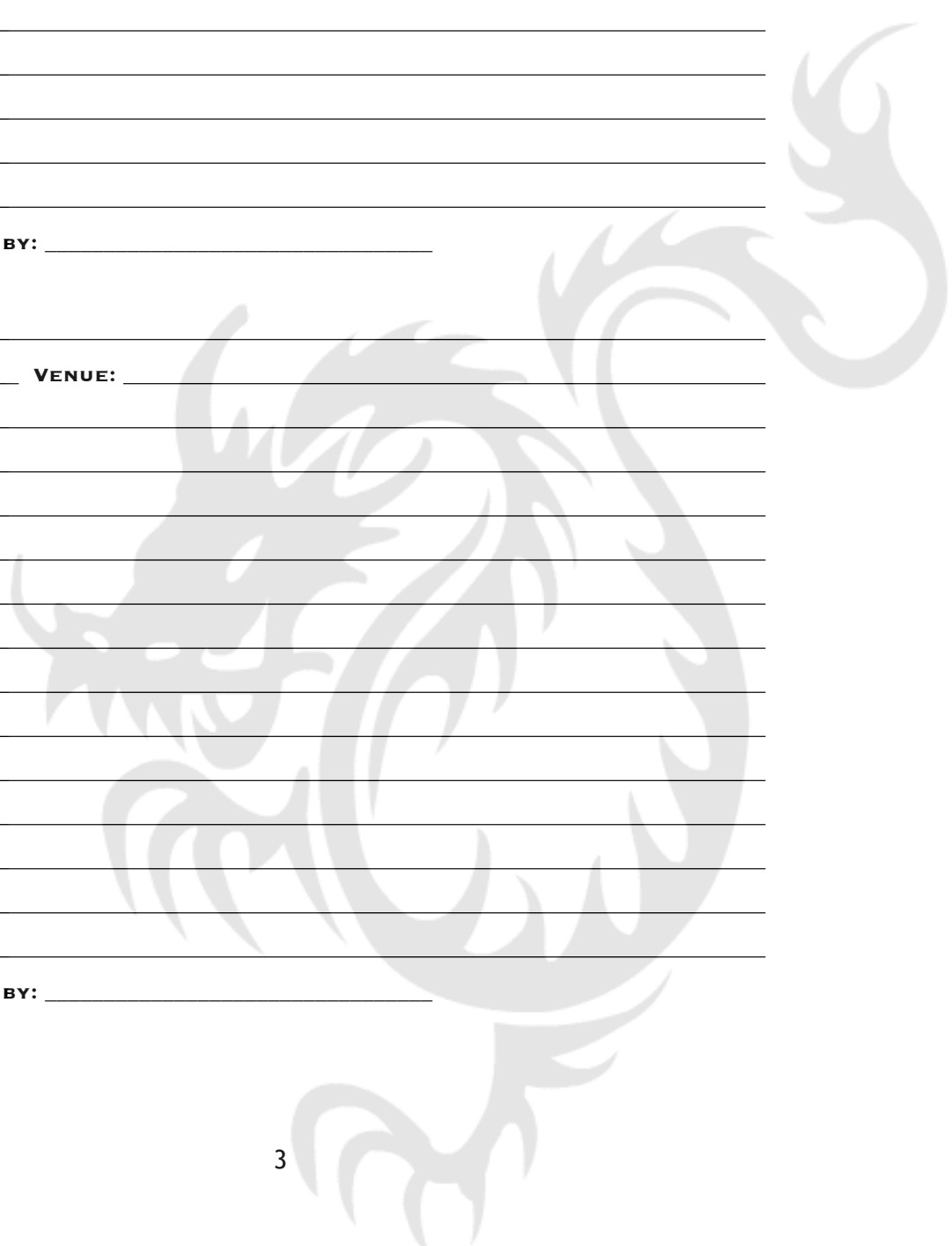
VERIFIED AND SIGNED BY: _____

COMPETITION: _____

DATE OF COMP: __/__/__ **VENUE:** _____

COMMENTS: _____

VERIFIED AND SIGNED BY: _____



ELITE DEVELOPMENT SQUAD

COMPETITION RECORDS

COMPETITION: _____

DATE OF COMP: __/__/__ **VENUE:** _____

COMMENTS: _____

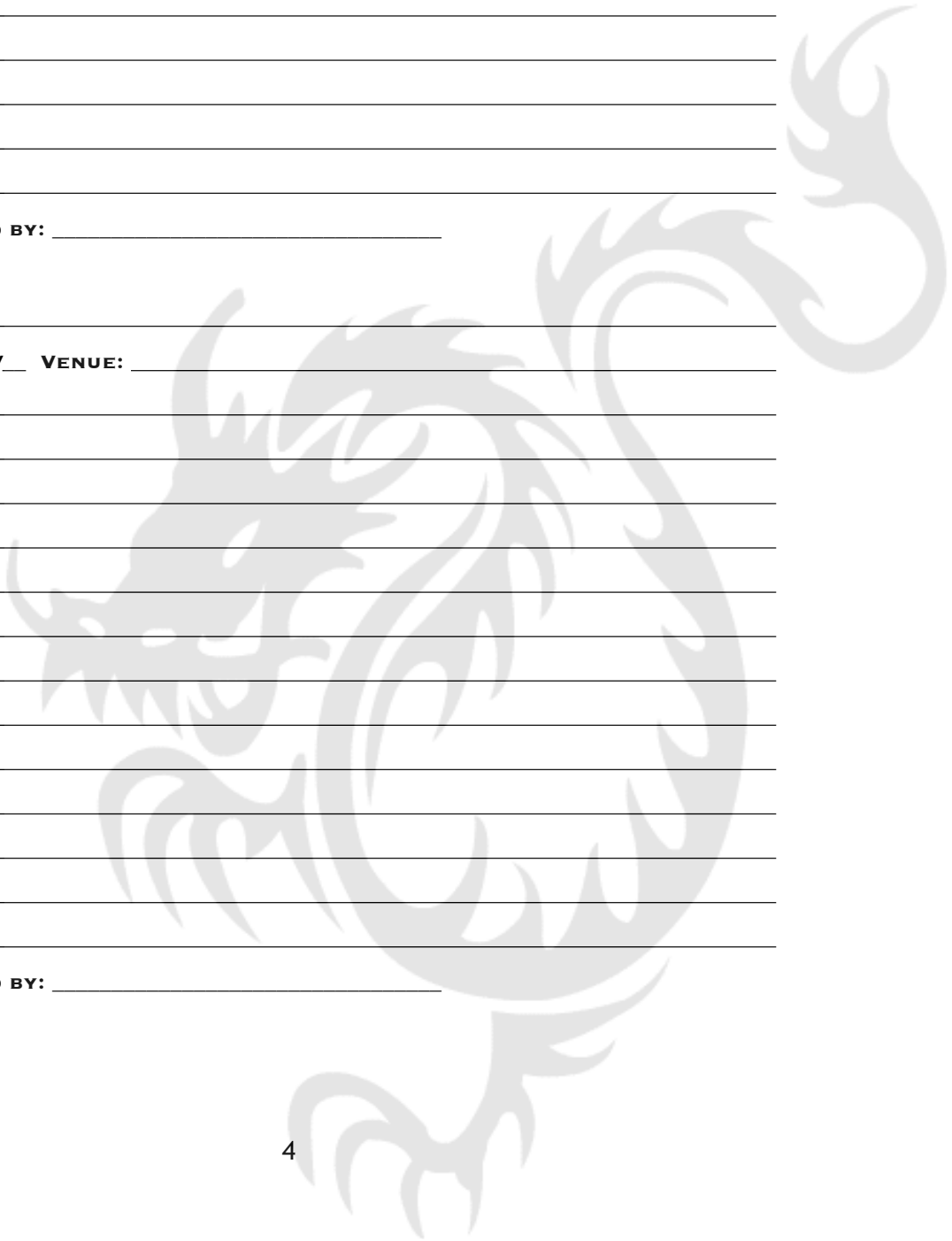
VERIFIED AND SIGNED BY: _____

COMPETITION: _____

DATE OF COMP: __/__/__ **VENUE:** _____

COMMENTS: _____

VERIFIED AND SIGNED BY: _____



ELITE DEVELOPMENT SQUAD

FIGHT RECORDS

EVENT: _____

ROUND: _____

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CAT 2

CAT 1

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CAT 2

RESULT: _____

EVENT: _____

ROUND: _____

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CAT 1

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CAT 2

CAT 1

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CAT 2

RESULT: _____

EVENT: _____

ROUND: _____

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CAT 1

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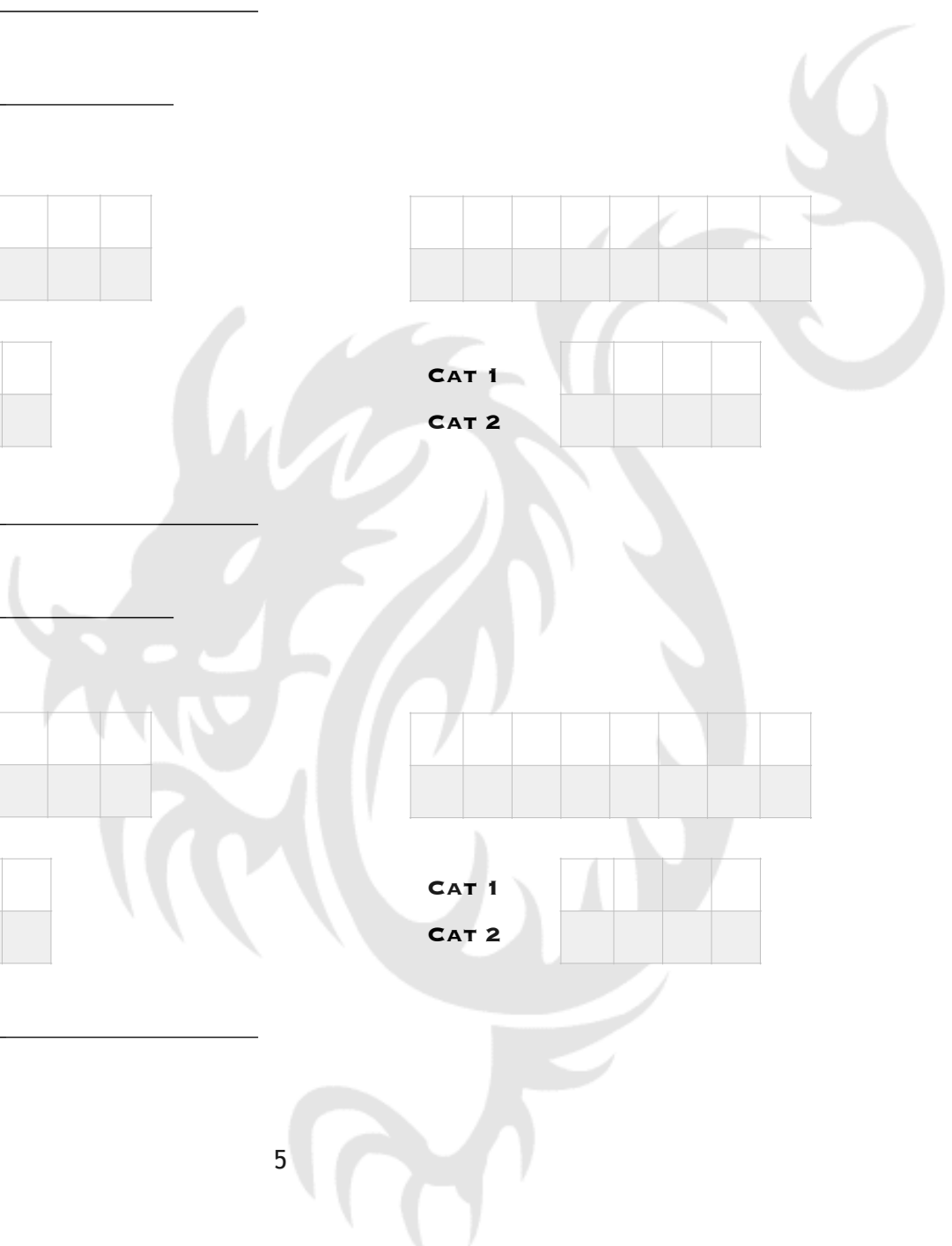
CAT 2

CAT 1

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CAT 2

RESULT: _____



ELITE DEVELOPMENT SQUAD

KATA RECORDS

EVENT: _____

ROUND: _____

KATA PERFORMED: _____

OPPONENT KATA: _____

DECISION / HANTEI: _____

COMMENTS: _____

EVENT: _____

ROUND: _____

KATA PERFORMED: _____

OPPONENT KATA: _____

DECISION / HANTEI: _____

COMMENTS: _____

EVENT: _____

ROUND: _____

KATA PERFORMED: _____

OPPONENT KATA: _____

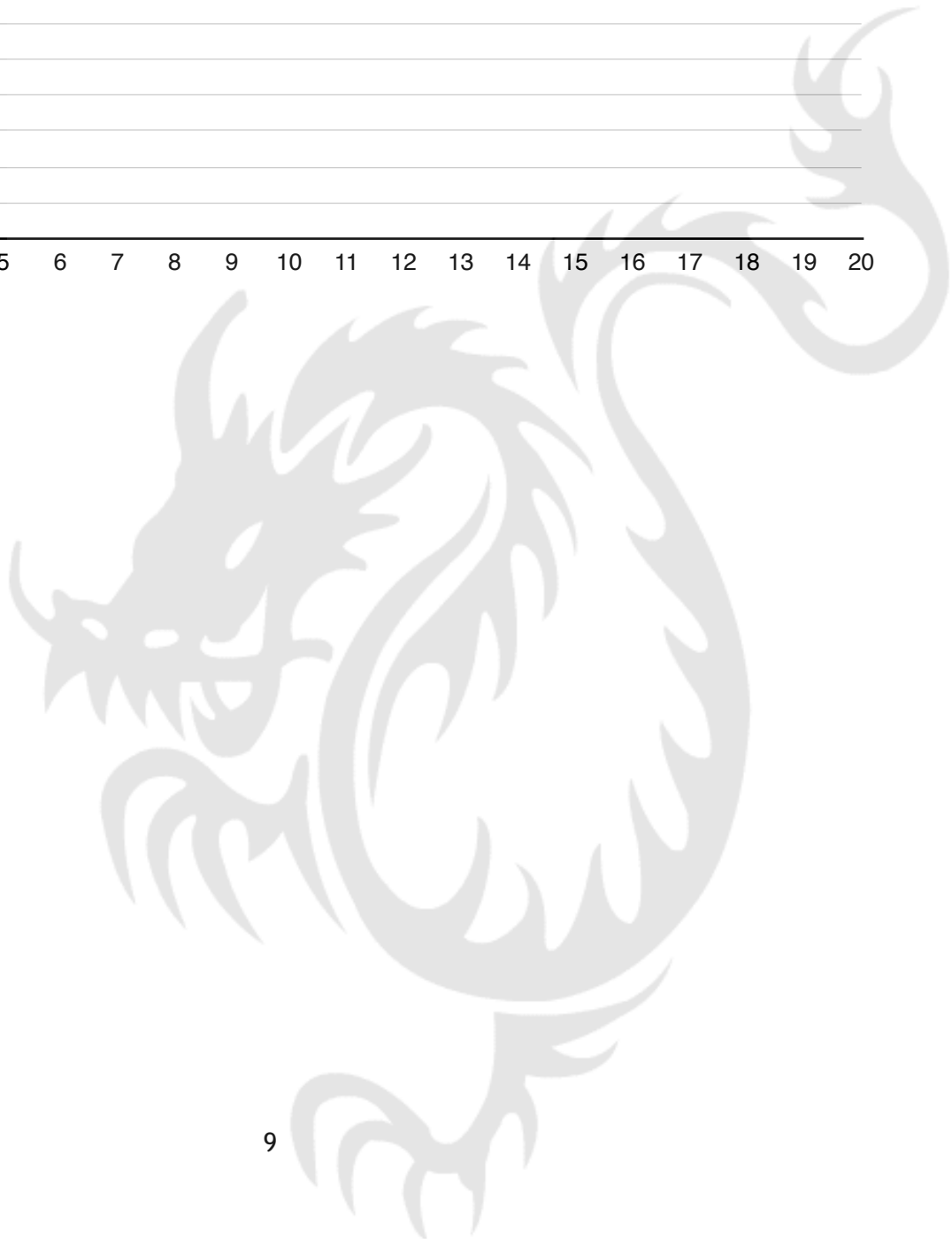
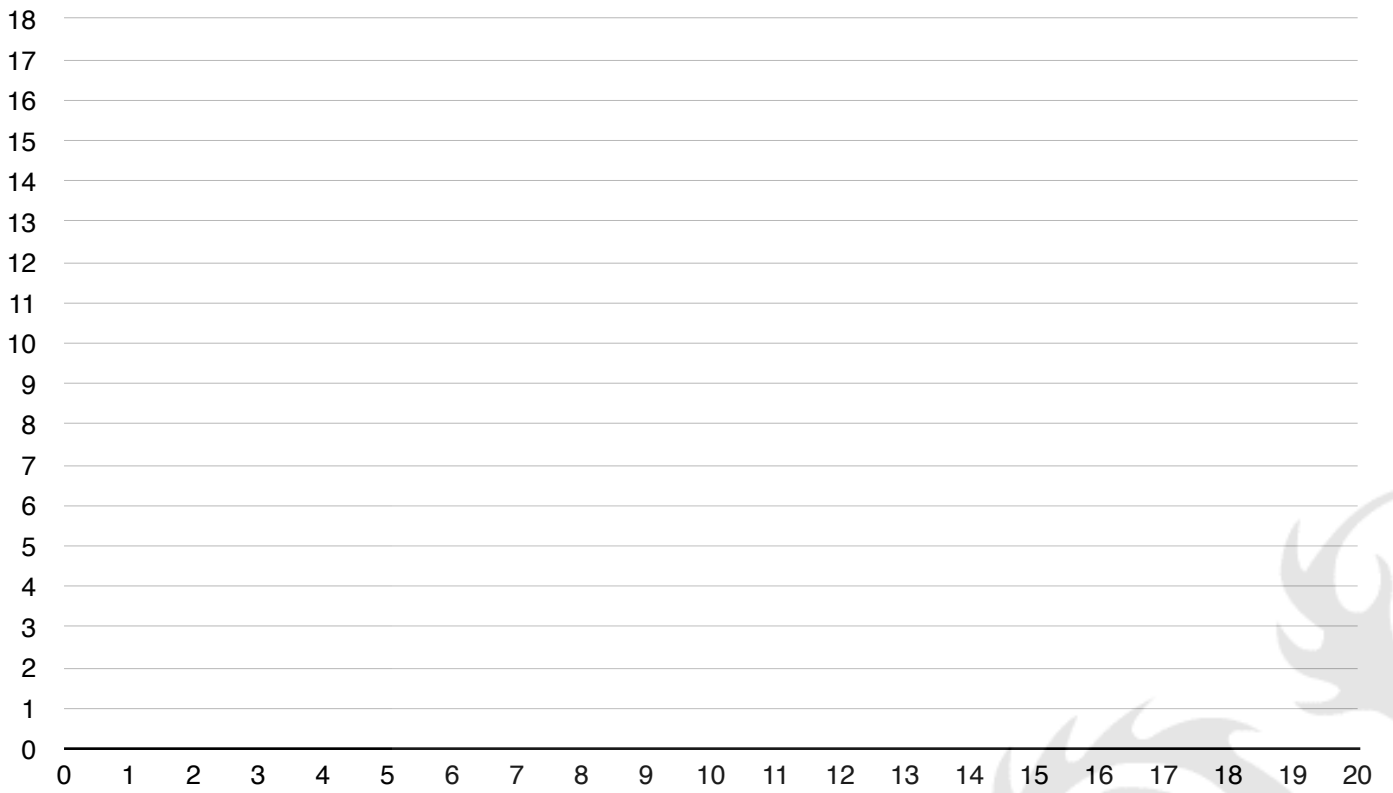
DECISION / HANTEI: _____

COMMENTS: _____



ELITE DEVELOPMENT SQUAD

15M BLEEP TEST RECORDS



ELITE DEVELOPMENT SQUAD

WEEKLY TASK

Q. THINK OF TEN OTHER SPORTS OR EXERCISES THAT REQUIRE A GOOD LEVEL OF STRENGTH & FITNESS.

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