英国和道会空手道連盟

British Wadokai Karate-do Federation

Name _____ Club _____

Squad Training Attendance.

Date	Session type	Hours trained	Instr Signature	Hanko

Competition Results.

Date	Competition	Kata/Kumite	Position	Signature/Hanko

Sheet Number _____ Date Commencing _____

Please keep this sheet safe and ensure you bring to all BWK Squad Sessions.