

Athlete Individual Report

Part A(to be completed by Athlete)

Athlete's performance for the month of _____

Athlete's Name: _____

Sex/Age: _____

Category: _____

Squad Status: Elite/Sr./Jr./Potential

Karatedo Training (Kumite/Kata)

Training hour attended (karate training/other training):

1st Week (/) 2nd Week (/) 3rd Week (/) 4th Week (/)

Weight Training:

Competition Result/Special Training attended:

Part B (to be completed by coach)

Suggestion improvement

Athlete signature _____

Coach Signature: _____

Date: _____

Remark: Athlete should complete part A and return to duty coach by the end of first week of each month