

Central Kyokushin Karate | Training Journal

Kyokushin Karate Training Journal

Name: _____

Rank: _____

Start Date: _____

Weekly Training Log

Week of: _____

Date	Focus Area (Kihon/Kata/Kumite)	Key Techniques Practiced	Personal Notes and Reflections

Goal Setting

Short-Term Goals (This Month)

- 1.
- 2.
- 3.

Long-Term Goals (This Year)

1. _____
2. _____
3. _____

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Belt Rank Progression

Current Rank: _____

Next Target Rank: _____

Requirements

- **Kihon (Basics):** _____
- **Kata (Forms):** _____
- **Kumite (Sparring):** _____
- **Physical Conditioning:** _____
- **Mental/Emotional Development:** _____

Self-Assessment

- Areas of Strength: _____
- Areas for Improvement: _____

Mindset and Reflection

Weekly Reflection

- What did I learn this week? _____
- How did I demonstrate perseverance? _____
- How did I uphold the dojo's code of conduct? _____
- What will I focus on next week? _____