## GKF INTERNATIONAL 2023 KATA CHALLENGE

NAME:	GOAL:
COUNTRY:	TOTAL:
1	16
2	17
3	18
4	19
5	20
6	21
7	22
8	23
9	24
10	25
11	26
12	27
13	28
14	27 28 29
15	30
16	31

Set a goal for the month of August and record your daily Kata training. Share your journey with us on social media with