

Student's Name: _____

Current Belt Rank: _____

Student's, remember that to receive credit for practicing at home, you must practice for 2 minutes per day. For every 45 minutes practiced, you will be given credit for one full class.

In the Curriculum Practiced Section, please write in what was practiced such as:

T – Hand and Foot Techniques

P – Pattern

SD – Speed Drill

Date	Minutes Practiced	Curriculum Practiced	Parent's Initials

Remember that in order to test for your next promotion, you **MUST** be able to perform everything up to and including **YOUR BELT RANK**. You may turn it into Mrs. Jen at any time for credit.

Train Honestly and we'll see you on the mat.