

Student's Name:_____

Current Belt Rank:_____

Student's, remember that to receive credit for practicing at home, you must practice for 45 minutes per day, with a minimum of 2 days per week and that for every 45 minutes practiced, you will be given credit for one full class.

15 minutes should be dedicated to stretching with the remaining 30 minutes dedicated to practicing everything up to YOUR current belt rank. All Hand and Foot Techniques, Patterns and Speed Drills should be practiced. These include not only the curriculum for your current level, but ALL belts leading up to yours as well.

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. Once this worksheet is completed, please turn it into Mrs. Jen for credit.

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