

MARTIAL ARTS "AT HOME PRACTICE"



STUDENT NAME _____ AGE ____ BELT _____

Each time you practice at home, write down how many minutes and what you practiced. Once you have practiced ***five times for 15-20 minutes***, turn in your sheet to receive an "Outstanding Effort" stripe.

1. ___ MINUTES OF : _____
2. ___ MINUTES OF : _____
3. ___ MINUTES OF : _____
4. ___ MINUTES OF : _____
5. ___ MINUTES OF : _____

Parent Signature _____ Date _____ Stripe
Instructor Signature _____ Date _____

6. ___ MINUTES OF : _____
7. ___ MINUTES OF : _____
8. ___ MINUTES OF : _____
9. ___ MINUTES OF : _____
10. ___ MINUTES OF : _____

Parent Signature _____ Date _____ Stripe
Instructor Signature _____ Date _____

11. ___ MINUTES OF : _____
12. ___ MINUTES OF : _____
13. ___ MINUTES OF : _____
14. ___ MINUTES OF : _____
15. ___ MINUTES OF : _____

Parent Signature _____ Date _____ Stripe
Instructor Signature _____ Date _____

If you want to receive your **HOMEWORK AWARD** at the graduation, turn in your sheet fully completed before your TESTING DAY (Not on Graduation or the Black Belt Test). You can only receive ONE award per cycle, but you can receive UNLIMITED "Outstanding Effort" stripes for your home practice!