

PRACTICE LOG & MONTHLY GOALS

STUDENT NAME:

DATE:

PRACTICE KEY

- P** - POOMSAE
- K** - KICKS
- BH** - BASIC HANDS
- S** - STRETCHING
- SC** - STRENGTH & CONDITIONING
- R** - HOME RULES/CREED
- C** - CLASS DAY

USE THE KEY ON THE LEFT TO TRACK YOUR PRACTICE GOAL: PRACTICE AT LEAST 5 TIMES PER WEEK

SUN	MON	TUE	WED	TH	FRI	SAT

BEFORE TESTING, WAIT AT LEAST 2 MONTHS AND BE SURE YOU CAN CHECK OFF THE ITEMS BELOW:

- I KNOW MY POOMSAE
- I KNOW MY KICK
- I KNOW MY BASIC HANDS
- I KNOW MY CHILDREN'S HOME RULE/STUDENT CREED

FITNESS GOALS

- 5 PUSH UPS
- 10 PUSH UPS
- 20 PUSH UPS
- 10 SIT UPS
- 20 SIT UPS
- 40 SIT UPS
- 15 SECOND WALL SIT
- 30 SECOND WALL SIT
- 1 MINUTE WALL SIT
- PALMS TO FLOOR
- LEFT SPLIT
- RIGHT SPLIT
- WIDE STRETCH SPLIT

RESOURCES FOR PRACTICE & BELT REQUIREMENTS (INCLUDING VIDEOS) CAN BE FOUND ON OUR WEBSITE: WWW.NEWTAMPATAEKWONDO.COM

RETURN TO MASTER TO FILL OUT BELOW:

WHAT I DID WELL:

GOALS FOR NEXT MONTH:

MASTER'S SIGNATURE: _____