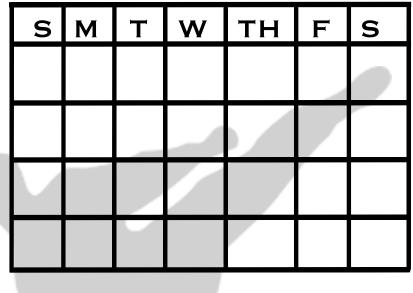


## U.S. TAE KWON DO PRACTICE LOG



MONTH OF PRACTICE:	
STUDENT NAME:	
PARENT SIGNATURE:	DATE:

GOAL: PRACTICE AT LEAST 5 TIMES A WEEK (YOU CAN INCLUDE YOUR CLASS DAYS AS PRACTICE) RETURN TO MASTER VAHID OR MASTER EDUARDO WHEN 1 MONTH IS COMPLETE USE THE KEY BELOW TO SHOW WHAT YOU PRACTICED DON'T FORGET TO HAVE FUN!

P- POOMSAE	SC - STRENGTH & CONDITIONING
K- KICKS	<b>R</b> - CHILDREN HOME RULES OR
BH - BASIC HANDS	STUDENT CREED
S - STRETCHING	C - CLASS DAY