



Name: \_\_\_\_\_ Month: \_\_\_\_\_

**“EVERYDAY is Black Belt Training”**

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
<b>Complete requirements with current cycle's techniques at least 2-3 times a week (8-12 at home practices a month)</b>												
<b>Choose 2: Footwork/Blocks/Stances 10 Reps with both sides</b>												
Footwork												
Blocks												
Stances												
<b>Choose 1: Strikes/Kicks 10 Reps each side</b>												
Strikes												
Kicks												
<b>Choose 2 Self Defense/Kickboxing/Sparring Drills (Ghost partner or with parent)</b>												
Self Defense												
Kickboxing												
Sparring Drills												
<b>Do The 100 warm up every practice session- KC &amp; BT can do 10 each, Beg &amp; Int can do 15 each, Adv &amp; up, do 25</b>												
25 jumping jacks												
25 squats												
25 push-ups												
25 sit-ups												
<b>Forms: Choose 1 every practice</b>												
Current form												
Old form												
Please turn in completed, signed, Training Log to a coach or the front desk by the end of the month.												
My child has completed the training marked above and gave Black Belt effort every practice.												
Parent Signature: _____ Date: _____												