



MARTIAL ARTS HOMEWORK

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 attitude stripe.

1 _____ MINUTES OF:

2 _____ MINUTES OF:

3 _____ MINUTES OF:

4 _____ MINUTES OF:

5 _____ MINUTES OF:

PARENT/GUARDIAN SIGNATURE

DATE ____ / ____ / ____

INSTRUCTOR SIGNATURE

DATE ____ / ____ / ____

STRIPE

1 _____ MINUTES OF:

2 _____ MINUTES OF:

3 _____ MINUTES OF:

4 _____ MINUTES OF:

5 _____ MINUTES OF:

PARENT/GUARDIAN SIGNATURE

DATE ____ / ____ / ____

INSTRUCTOR SIGNATURE

DATE ____ / ____ / ____

STRIPE

1 _____ MINUTES OF:

2 _____ MINUTES OF:

3 _____ MINUTES OF:

4 _____ MINUTES OF:

5 _____ MINUTES OF:

PARENT/GUARDIAN SIGNATURE

DATE ____ / ____ / ____

INSTRUCTOR SIGNATURE

DATE ____ / ____ / ____

STRIPE

If you want to receive your Homework Award at Belt Promotion, turn in this sheet fully completed **before** promotion. You can only receive **one** Homework Award per cycle, but you can receive **unlimited** Attitude Stripes for practicing at home!