

At-Home Practice Record

For Taekwondo Kids

Student Name: _____

This sheet is designed to help create positive behavior and good learning habits in your child when he/she is at home or school. Each time your child practices Taekwondo please help them to fill out the date and amount of time spent practicing. Your child will receive a Star for every 3 hours of practice time. Juniors trying for a full-belt step at Graduation will be required to show a minimum of 5 hours of practice outside of regular classes.

Date _____ **Amount of Time** _____ **Parent Initials** _____

Material _____

Date _____ **Amount of Time** _____ **Parent Initials** _____

Material _____

Date _____ **Amount of Time** _____ **Parent Initials** _____

Material _____

Date _____ **Amount of Time** _____ **Parent Initials** _____

Material _____

Date _____ **Amount of Time** _____ **Parent Initials** _____

Material _____

Date _____ **Amount of Time** _____ **Parent Initials** _____

Material _____

Date _____ **Amount of Time** _____ **Parent Initials** _____

Material _____