

Martial Arts Homework



Achievement: what do you want to achieve? In order to achieve your **Black Belt**, it takes practice! Here is a handy practice guide for you to keep track of your practice times. Practice for at least **15 minutes 2 Times/Week**. Watch how your focus improves along with your technique. Although this is optional- it is highly recommended! If you complete *30 acts* you earn an **Achievement Stripe** on your belt. Good luck

Month # 1

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Month # 2

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Month # 3

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