



Students must complete the required number of practice sheets every week, according to their belt rank and age. Upon completion of a sheet, this chart is to be filled out. Students must bring in this form only each time they tip test. They will be checked during their test. If they fail to bring in their sheet, or it is incomplete, they will not advance and receive their tip. The practice sheets in the folder are to be kept for your guide and reference, they do not need to be turned in. Students can practice off any sheet that they have tested for and received. The week numbers do not coordinate with the weeks in a month, please refer to the calendar on the website to see which week it is.

More practice is always encouraged!

Little Dragons: 1 Sheet Beginner Dragons: 1 Sheet Intermediate Dragons: 2 Sheets Advance Dragons: 3 Sheets
Teens: 3 Sheets Adults: 2 Sheets

	Date Sheet Initials	Date Sheet Initials	Date Sheet Initials
Week 1			
Week 2			
Week 3			
Week 4 Red Tip Testing			
Week 5 Black Tip & Belt Testing			