

Tae Kwon Do Practice Sheet

Students must complete the required number of Tae Kwan Do forms every week. They must bring in this form each time they tip test. If students fail to bring in their sheet, or it is incomplete, they will not advance and receive their tip. 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.

This practice sheet must be filled out successively, according to a student's belt rank and age. For instance, as a student progresses from a little dragon to an intermediate dragon they must fill out columns one **AND** two. And, as they progress to advance dragons and/or teens, students must completely fill out **ALL** three columns of the entire practice sheet.

Circle the belt form you are practicing, date it, and initial it.

	Little Dragons & Beginner Dragons	Intermediate Dragons & Adults	Advance Dragons & Teens
Week 1	White Belt (JR) Yellow Belt	(JR) Green Belt (JR) Purple Belt	Red Belt Red Advanced Belt
	(JR) Orange Belt	(JR) Blue Belt Blue Advanced Belt	Brown Belt Brown Advanced Belt
	Date: Initial:	Date: Initial:	Date: Initial:
Week 2	White Belt (JR) Yellow Belt	(JR) Green Belt (JR) Purple Belt	Red Belt Red Advanced Belt
	(JR) Orange Belt	(JR) Blue Belt Blue Advanced Belt	Brown Belt Brown Advanced Belt
	Date: Initial:	Date: Initial:	Date: Initial:
Week 3	White Belt (JR) Yellow Belt	(JR) Green Belt (JR) Purple Belt	Red Belt Red Advanced Belt
	(JR) Orange Belt	(JR) Blue Belt Blue Advanced Belt	Brown Belt Brown Advanced Belt
	Date: Initial:	Date: Initial:	Date: Initial:
Week 4 Red Tip Testing	White Belt (JR) Yellow Belt	(JR) Green Belt (JR) Purple Belt	Red Belt Red Advanced Belt
	(JR) Orange Belt	(JR) Blue Belt Blue Advanced Belt	Brown Belt Brown Advanced Belt
	Date: Initial:	Date: Initial:	Date: Initial:
Week 5 Black Tip & Belt Testing	White Belt (JR) Yellow Belt	(JR) Green Belt (JR) Purple Belt	Red Belt Red Advanced Belt
	(JR) Orange Belt	(JR) Blue Belt Blue Advanced Belt	Brown Belt Brown Advanced Belt
	Date: Initial:	Date: Initial:	Date: Initial:

More practice is always encouraged!