



Martial Arts & Self-Defense  
Student Training Sheet

(Required for Belt System Students)

2-3 training sessions per week, 15 minute minimum for each session  
Completed form must be turned in prior to stripe test!!

	Date	Duration	Parent Signature	Student Signature	Results
<b>Week 1</b>					
Training 1					
Training 2					
Training 3					
Training 4					
<b>Week 2</b>					
Training 1					
Training 2					
Training 3					
Training 4					
<b>Week 3</b>					
Training 1					
Training 2					
Training 3					
Training 4					
<b>Week 4</b>					
Training 1					
Training 2					
Training 3					
Training 4					