



Dynamic Martial Arts

Student Homework Assignment - Practice Log

*THIS ASSIGNMENT MUST BE COMPLETED AND SUBMITTED TO
YOUR INSTRUCTOR ONE WEEK PRIOR TO YOUR BELT EXAM.*

Student Name: _____

Today's Date: _____

Each time that you practice at home, write down how many minutes and what you practiced. Once you have practiced ***ten times for 15-20 minutes***, fill out the rest of your homework assignments and turn them in.

	Date	How many minutes did you practice?	What did you practice?
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Parent Signature: _____

Date: _____

Instructor Signature: _____

Date: _____