

# Jhoon Rhee TKD Training Log

Month/Year: \_\_\_\_\_

Name: \_\_\_\_\_

Grade Level: \_\_\_\_\_

Rank: \_\_\_\_\_

Age: \_\_\_\_\_

| Day                         |                                | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|-----------------------------|--------------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|
| Minimum                     | Homework                       |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Chores                         |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | TKD Class                      |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Slow Front Kicks X 10          |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Slow Side Kicks X 10           |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Slow Round Kicks X 10          |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Front Kick Balance 30 sec      |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Side Kick Balance 30 sec       |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Round Kick Balance 30 sec      |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Sit-ups (see curriculum sheet) |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Push-ups (see sheet)           |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Floor Stretches (Daily Dozen)  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Belt Stretches                 |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| Maximum                     | Combos/Basics                  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Technical Kicks                |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Form (part 1)                  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Form (part 2)                  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Form (part 3)                  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Form (part 4)                  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | Form (part 5)                  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|                             | 12 Basic Stances (see poster)  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| 12 Basic Positions (poster) |                                |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| <b>Monthly Goal</b>         |                                |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| <b>Parent's Initials</b>    |                                |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |

**\*What is your Monthly Goal?** Write in space provided. If you have taken any action towards your goal, place a check mark in the box above.

**For each week (7 days) you practice the minimum exercises 3 times a week (with the minimum regular attendance of 2 classes per week) you will earn a star! Parents must initial each day of practice.**

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Month/Year: \_\_\_\_\_

Name:

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| Day                         |                                | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|-----------------------------|--------------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
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|                             | Chores                         |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
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|                             | Technical Kicks                |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
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|                             | 12 Basic Stances (see poster)  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 12 Basic Positions (poster) |                                |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>Monthly Goal</b>         |                                |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>Parent's Initials</b>    |                                |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

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