

Name: Mr. Luc

Month/Year: April/2020

InnerActive Martial Arts Practice Schedule

Beginner (White and Yellow Belt) 5-10 Minutes Daily (5 Days)



Technique	Week 1					Week 2					Week 3					Week 4					Week 5									
	Date: Mar 30 APR. 5 Minutes					Date: APR 6 APR 12 Minutes					Date: APR 13 APR 19 Minutes					Date: APR 20 APR 26 Minutes					Date: APR 27 MAY 3 Minutes									
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5					
Punches	2					2	/	/	/	/	✓	x	x	x	x						✓									3
Palm Strikes	2					/	/	/	/	/	✓	x	x	x	x						✓									3
Knife Hand Strikes	2					/	/	/	/	/	✓	x	x	x	x	✓														3
Crane Strikes	2					/	/	/	/	/	✓	x	x	x	x	✓														3
Front Kick		3				2	/	/	5	/	✓	x	x	✓	x		✓					✓				5				1
Side Kick		3				4	/	/	/	/	✓	x	x	✓	x		✓									5				1
Inside Cres Kick			5			/	/	/	/	/	✓	x	x	✓	x			✓									2	3	1	
Outside Cres Kick			5			/	/	/	/	/	✓	x	x	✓	x			✓									2	3	1	
Block 1-6				10		/	/	5	/	/	x	✓	x	x	✓				✓							5				2
Breathing Ex. 1-3					8	/	5	/	/	/	x	x	✓	x	x											5				3
Other Techniques						/	/	/	/	/	x	x	x	x	x															
Bound House						/	/	5	/	/	x	x	✓	✓	x										✓		2		1	
Push-ups						2	/	2	/	/	x	✓	x	x	x				✓								2			
Breathing Ex. 4-5						/	3	/	5	/	x	x	✓	x	✓										✓		2		2	
Sit-ups						/	2	/	/	/	x	✓	x	x	✓												2			
Total Daily Minutes:	8	6	10	10	8	10	8	9	10	5	8	10	9	10	6	5	5	6	8	10	10	10	12	18	12					
Total Weekly Minutes:	42					42					43					34					62									

Total Monthly Minutes (Between 125-250 Min): 223

Parent Signature: [Signature]