

Name: _____

Month/Year: _____

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:					Date:					Date:					Date:					Date:				
	Minutes					Minutes					Minutes					Minutes					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																									
Palm Strikes																									
Knife Hand Strikes																									
Crane Strikes																									
Front Kick																									
Side Kick																									
Inside Cres Kick																									
Outside Cres Kick																									
Block 1-6																									
Breathing Ex. 1-3																									
Other Techniques																									
Total Daily Minutes:																									
Total Weekly Minutes:																									

Total Monthly Minutes (Between 125-250 Min):

Parent Signature: _____