## InnerActive Martial Arts Practice Schedule Intermediate (Orange and Green Belts) 10-15 Minutes Daily (5 Days)



| Name:                    |         | ۷ | Veek | 1 |   | Week 2  |   |   |   |   | Week 3  |   |   |   |   | Week 4  |   |   |   |   | Week 5  |   |   |   |   |
|--------------------------|---------|---|------|---|---|---------|---|---|---|---|---------|---|---|---|---|---------|---|---|---|---|---------|---|---|---|---|
|                          | Date    |   |      |   |   | Date:   |   |   |   |   | Date:   |   |   |   |   | Date:   |   |   |   |   | Date:   |   |   |   |   |
| Month:                   | Minutes |   |      |   |   | Minutes |   |   |   |   | Minutes |   |   |   |   | Minutes |   |   |   |   | Minutes |   |   |   |   |
| Technique                | 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 |
| Upper-Body Strikes       |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Front Kick               |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Breathing Ex. 1-5        |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Block 1-6                |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Side Kick                |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| In/Out Cres Kick         |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Compass 1-4              |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Walking Forms            |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Round House              |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Hopping Front            |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Spin Inside Cres         |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Bear Form                |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Rising Sun Form          |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Jump Spin Inside Cres    |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| 360 Kick                 |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Inside/Outside Axe Kick  |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Front-Side-RH Walk       |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Forwards Breakfall (All) |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Total Daily Minutes:     |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |
| Total Weekly Minutes:    |         |   |      |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |         |   |   |   |   |

Total Monthly Minutes (Between 125-250 Min):

Parent Signature:\_\_\_\_\_