

Home Practice Log: (2 Hours Total required)

Discipline Stripe: Help around the house 3x a week without being asked

Pretest Checklist:

- 2 hours of practice done
- 7 classes will be attended by test day
- Have required safety gear

Current Rank: _____ Next Rank: _____

Belt Size: _____ (\$10 required if next level is a new color)

I am prepared to test for my next level.

Student Signature: _____

MUST BE COMPLETED AND TURNED IN 1 WEEK PRIOR TO TEST