

SHEPHERD-WARRIOR MARTIAL ARTS



Student's Name _____ Current Rank _____

Mark down the dates and how much time you trained each day at home. Turn in this form at the end of each 5-week testing cycle. To qualify for an Orange Star, you will need **a minimum of 1 hour a week** of home training logged. Remember these home training tips:

- 1 Hour a week (~10 minutes a day – 6 days a week) is the minimum requirement. More is better.
- Clear a space free from furniture and objects with enough room to practice.
- Bare feet on a solid floor is recommended. Don't train in socks on a slick surface.
- Parents can participate as training partners for students by holding pads (or firm cushions).

TRAINING LOG FORM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

Parents, please acknowledge the days and hours above and confirm that the appropriate time was practiced by signing this form. Thank you for supporting your child's commitment to training in martial arts as they journey to black belt and beyond.



Parent/Adult/ Signature _____