



Ahn's TKD Home Training Daily Check List

Student Name: _____

Starting Date _____

Skill Section	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Basic Motion – White Stripe							
Form – Red Stripe							
Kicking – Blue Stripe							
Breaking – Green Stripe							

Strength Section	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Pushups							
Situps							
TKD Pushups							
Squats							

- White belt – Purple belt: at least 20 for each physical strength
- Brown belt – Junior Black Belt: at least 30 for each physical strength
- Junior Black Star – Black Belt: at least 40 for each physical strength

Behavior Section	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Listen and respect parents							
Share & be cooperative with brothers and sisters							
Make your bed							
Clean and organize your room							
Brush your teeth 2 times a day							
Wash your hands before eating							
Help set the table							
Put your dishes away							
Put your dirty clothes in hamper							
<i>Parent's initial</i>							

- When you have finished each task, please check the box off on the day of the week
- If possible, practice every day, but not, try to complete the tasks at least two days per week
- Parents, please initial each day that the students complete the check list and sign at the bottom at the end of the week



Parents Signature: _____