

1ST Brown Born Date: _____

Name/Date: _____

4-1-06	4-30-06	8-2-06
RTK	RTK	RTK

2ND Brown Born Date: _____

Date boxes to be signed.

3RD Brown Born Date: _____

Please circle date if late to the event.

One signature = Participation

	1	2	3	4	5	6	7	8	9
NC Setup									
NC Assist									
TMT Setup									
TMT Assist									
TMT Compete									
PRACT. TEST									
SEMINAR									
MEETING									
BB Workout									
BB Workout									
BB Workout									
CAMP Fri.							Other Event		
CAMP Sat.							Other Event		
CAMP Sun.							Other Event		
Tournament Report			Outside Dojo Report					CPR/First Aid Certification	

MONTHLY WORKOUT SHEET

Name: _____ Current Rank: 3rd 2nd 1st Date earned 3rd Degree Brown Belt: _____ Current Age: _____

Month: _____ Question of the Month: _____

Please darken square or write appropriate numbers in each square.

	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Totals		
STRETCHING (15 min)																																		
JUMP ROPE (3-2 min rounds)																																		
SHADOW BOX (3-2min rounds)																																		
KICKS (80 kicks)																																		
PUNCHES (80 hand tech)																																		
PUSH UPS (50 reps)																																		
SITUPS (50 reps)																																		
TECHNIQUES (all tech once each)																																		
KATAS (once each)																																		
SELF-DEFENSE (once each)																																		
AEROBIC (run or swim)																																		
OTHER: _____ (weights, bag work)																																		

What type of brown belt are you? Whatever it takes brown belt (training 3-5 times every week) Cruising Brown Belt (twice a week) Workout Brown Belt (once a week)

Please mail before the 10th of each month to: Robert Margach / P.O. Box 270846 / Flower Mound, TX, 75027