

STUDENT'S NAME: _____

START DATE: DD/MM/YYYY



KUNG FU PRACTICE CARD

READ THE RULES: THIS CHART RESETS EACH CYCLE. RECORD EACH TIME YOU PRACTICE YOUR FORM THIS CYCLE. IF YOU KNOW LESS THAN HALF OF YOUR FORM, YOU MUST DO IT TWICE TO GET "1 FORM". ONCE YOU COMPLETE ONE ROW, HAND IT IN FOR A STRIPE! THE MORE ROWS YOU COMPLETE WITHIN 1 CYCLE THE HIGHER THE STRIPE-REWARD! TO ENCOURAGE HONESTY, A PARENT, GUARDIAN, OR OTHER WITNESS MUST SIGN THE ROW TO VOUCH FOR YOUR INTEGRITY AND ACCOUNTABILITY WHEN PRACTICING

IF YOU DON'T KNOW A FORM YET, PRACTICE THIS COMBO, STARTING IN NEUTRAL STANCE, ALTERNATING RIGHT SIDE/LEFT SIDE:

PUNCH, PUNCH, HEEL KICK, HEEL KICK, HI-BLOCK, HI-BLOCK, PALM BLOCK, PALM BLOCK, TOE KICK, TOE KICK, PALM STRIKE, PALM STRIKE.

								REWARD TIER:
START HERE →	I FORM REP:	I FORM REP:	I FORM REP:	I FORM REP:	I FORM REP:	I FORM REP:	I FORM REP:	YELLOW STRIPE [5 POINTS] AWARDED BY INSTRUCTOR: ____
	NAME OF FORM*	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	
PARENT/GUARDIAN SIGNATURE REQUIRED (I3-)								CHARACTER WITNESS SIGNATURE REQUIRED: (I4+)
I FORM REP:	I FORM REP:	I FORM REP:	I FORM REP:	I FORM REP:	I FORM REP:	I FORM REP:	I FORM REP:	ORANGE STRIPE [10 POINTS] AWARDED BY INSTRUCTOR: ____
NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	
PARENT/GUARDIAN SIGNATURE REQUIRED (I3-)								CHARACTER WITNESS SIGNATURE REQUIRED: (I4+)
2 FORM REPS:	2 FORM REPS:	2 FORM REPS:	2 FORM REPS:	2 FORM REPS:	2 FORM REPS:	2 FORM REPS:	2 FORM REPS:	GREEN STRIPE [20 POINTS] AWARDED BY INSTRUCTOR: ____
NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	
PARENT/GUARDIAN SIGNATURE REQUIRED (I3-)								CHARACTER WITNESS SIGNATURE REQUIRED: (I4+)
2 FORM REPS:	2 FORM REPS:	2 FORM REPS:	2 FORM REPS:	2 FORM REPS:	2 FORM REPS:	2 FORM REPS:	2 FORM REPS:	BLUE STRIPE [50 POINTS] AWARDED BY INSTRUCTOR: ____
NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	
PARENT/GUARDIAN SIGNATURE REQUIRED (I3-)								CHARACTER WITNESS SIGNATURE REQUIRED: (I4+)
3 FORM REPS:	3 FORM REPS:	3 FORM REPS:	3 FORM REPS:	3 FORM REPS:	3 FORM REPS:	3 FORM REPS:	3 FORM REPS:	RED STRIPE [100 POINTS] AWARDED BY INSTRUCTOR: ____
NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	
PARENT/GUARDIAN SIGNATURE REQUIRED (I3-)								CHARACTER WITNESS SIGNATURE REQUIRED: (I4+)
4 FORM REPS:	4 FORM REPS:	4 FORM REPS:	4 FORM REPS:	4 FORM REPS:	4 FORM REPS:	4 FORM REPS:	5 FORM REPS:	CUSTOM STRIPE [500 POINTS] AWARDED BY INSTRUCTOR: ____
NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	NAME OF FORM	
PARENT/GUARDIAN SIGNATURE REQUIRED (I3-)								CHARACTER WITNESS SIGNATURE REQUIRED: (I4+)

*NOTE: YOU CAN ABBREVIATE FORM NAMES LIKE THIS: WHITE MONKEY STEALS PEACHES → WMSP

RED/PINK KUNG FU PRACTICE CARD # __/8 LIMIT THIS CYCLE.

IF YOU WANT TO RECEIVE YOUR LUO-GUAN YU AWARD AT THE NEXT GRADUATION, TURN IN THIS SHEET FULLY COMPLETED NO LATER THAN YOUR TESTING DAY (NOT ON GRADUATION). YOU CAN ONLY EARN ONE LUO-GUAN YU AWARD PER CYCLE, AND YOU MAY ONLY HAND IN 8 RED/PINK SHEETS PER CYCLE FOR STRIPE POINTS.