

WORKOUT LOG

✓ PICK ANY 10

- 20 Jumping Jacks
- 10 Stretch Kicks (each leg)
- First Half of Form
- 20 Pushups
- Second Half of Form
- 20 Sit-ups
- Your Weapon Form
- 20 Burpees
- 20 Leg Lifts
- 30 Second Plank
- Balance on Each Foot (30 seconds)
- 10 Front Kicks (each leg)
- 10 Side Kicks (each leg)
- 50 Punches

What is the name of your Form? _____

How many moves are in your Form? _____

What does "Tae Kwon Do" mean? _____

What Rank and Title is your Chief Instructor? _____

Who is the founder of the ATA? _____

Your Name	Parent Signature	Date