

Martial Arts Review

Are you a member of a martial arts club and want to collect hours? Complete this year review to earn ten hours in your passport!!

Name of Club —		
Martial Art —		
Instructor Name –		
Address –		
Training Times —		
What was your favourite memory of this year's program?		
What level (OR belt) did you achieve this year? Was the grading test difficult?		
What skills do you think you improved this year		



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Record ten times which you attended martial arts and what you learned

Date	Level	Today I learned

Paste at least two photos of you in your martial arts uniform and in action!