Black Belt Monthly Training Log

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
Pushups																																		
Situps/Crunches																																		
Run/Walk																																		
Other Exercise																																		
Front Stance																																		
Back Stance																																		
Horseback																																		
Other Stances																																		
Side/Back Kicks																																		
Front/Round																																		
Crescent/Axe																																		
Hook/Wheel																																		
Other Kicks																																		
Pyang Ahn Cho/E																																		
Pyang Sam/Sa/O																																		
Bassai So/Dae																																		
Nai Han Chi 1																																		
1Steps 1-18																																		
Self Defense																																		
Knife Defense																																		
BB 1Steps																																		
Staff Form																																		
Other Weapons																																		
Terminology																																		
Knowledge																																		
Breaking																																		
…Hand Break																																		
…Foot Break																																		
…Jumping Break																																		
Conditioning																																		
…Hand/Arm																																		
…Foot/Leg																																		
...Cardiovascular																																		
…Stamina test																																		
Other																																		
Work Out Time																																		