

Practice Patch Sign Off Form

These patches are a great motivator, to get your child practicing at home! (This is for our Junior students).

First Name: _____ Last Name: _____

Rank: _____ Age: _____

Practice makes perfect! Practicing at home should be a habit that you perform every day! Your techniques will become sharper, faster, and stronger with daily practice. All you need is just 10 minutes a day. **Pick one technique from the list below, to practice outside of our studio, for at least 10 minutes each time you practice.** Mom or dad must sign off on this form each day that you practice, with the date, length of time you practiced, and their initials.

Only one patch may be earned per testing cycle.

Turn this COMPLETED form if you would like to earn this Practice Patch, along with \$4.00 CASH OR CHECK (no credit card purchases under \$10) to purchase the patch. You will receive the patch when it is purchased.

These patches are sewn onto the uniform in a specific place. Please see the instructions below as to proper placement of the patch.

	Date	Length of time I practiced on this date	Parent's Initials
1			
2			
3			
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25			

Pick **one** technique from the list below, to practice: **(circle the one you pick, please)**

ROUND KICK

FRONT KICK

SIDE KICK

BOARD BREAKING

FORMS

STANCES

PUNCHES

CRESCENT KICK

SPARRING

Tips: Get a "clapper" double paddle target pad, just like the ones we use in class—these can be purchased at the studio. This is a very versatile target pad that you can practice EVERY technique on, hand or foot.

To practice board-breaking, we have **Re-Breakable Practice Boards**, the exact same ones the students use in class, available at the studio for purchase.

Students should practice using both the Left and Right sides, if practicing punches, kicks, or stances.

Patch Placement Instructions

PIN THEM ALL ON WHILE THE STUDENT IS WEARING THE UNIFORM, TO ENSURE PROPER PLACEMENT, THEN SEW THEM ONTO THE UNIFORM TOP:

The Allstar Martial Arts Academy Circle Patch & Taekwondo United patches are a required part of everyone's uniform. If you do not have these patches, please get them at the front desk at your earliest convenience and sew them onto your uniform top.

The only patch allowed on a black belt's uniform, THAT IS A REQUIRED PART OF THE UNIFORM, is the Allstar Martial Arts Academy circle patches and Taekwondo United patch.

If anyone has sewn their patches onto a different place than described below, then please remove the patches and sew them onto their correct places as described below. It is very important that we all look UNIFORM and SHARP, as we (as you should, too) take great pride in the appearance of our students.

Allstar Martial Arts Academy Patch (circle) – sew onto the front of the uniform top, on the right, front, side on the upper chest level. You should pin the patch on while wearing the uniform top, to make sure you place it properly. It should be sewn onto the upper chest area, completely visible and flat on the chest...NOT the shoulder. The word "Allstar" should be centered at the top, when you pin the patch in place to be sewn.

Taekwondo United Patch – sewn onto the left front of the uniform top, opposite the Allstar circle patch, the word "Taekwondo" should be centered at the top.

Academic Achiever patch – sew onto the right sleeve, just below the shoulder seam, centered on the outside of the sleeve. Please pin the patch into place with the student wearing the top, to guarantee proper placement. The patch should be completely visible from the right side of the student, when looking at the right arm.

Academic Achiever Star patch – sew about an inch below the "Academic Achiever" patch (depending on sleeve length...tiny uniform top might need to go only 1/2 an inch below the Academic Achiever patch). You will receive a star, if eligible, at every testing, so you may potentially have many of them. The first one should be sewn under the Academic Achiever patch, beginning at the LEFT side of the AA patch. As more are earned, the additional patches will be sewn beside the first one at the left and eventually you will have three across...all falling under the rectangle "Academic Achiever" patch. The 4th star earned, will begin a new row under those three, and so on...

Practice Patches:

Perfect Punch, Perfect Kick, Perfect Stance, etc. – sew onto the left sleeve, just below the shoulder seam, centered on the outside of the sleeve. **Please pin the patch into place with the student wearing the top, to guarantee proper placement.** The patch should be completely visible from the left side of the student, when looking at the left arm. If this is a subsequent practice patch (if you already have one sewn on from the last testing cycle) please sew additional patches just **below** the one before it, leaving no more than 1/4- 1/2 inch between them. **IF YOU HAVE PRIOR PERFECT PATCHES THAT ARE SEWN ONTO THE RIGHT SLEEVE, KEEP SEWING THEM ON THE RIGHT SLEEVE UNTIL YOU RUN OUT OF SLEEVE ROOM, THEN BEGIN ON THE LEFT SLEEVE.**