

Waterloo Kung Fu Academy

TRAINING LOG

Date:		Who Taught You:	
Your Belt Colour:	How Many Classes Have you Done?:	Classes you need to Grade:	
How Many Pushups did you do:	How Many Leg Raises/Bicycles did you do?:	How Many Squats did you do?:	
What did you learn today?:			

What I did in Class today: (draw, print, or write what you did best today)

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The journey of a thousand miles begins with a single step ~ Lao Tzu