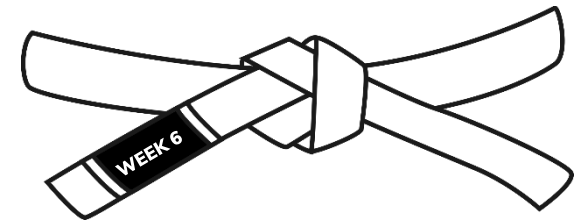
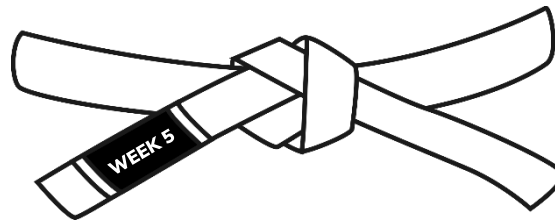
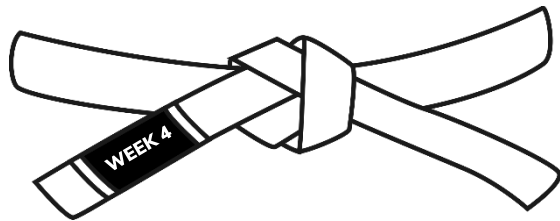
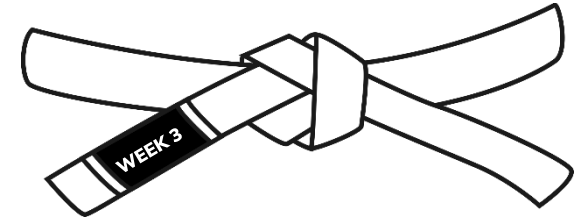
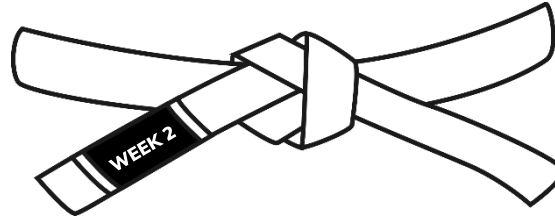
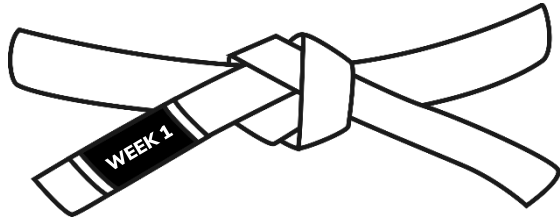
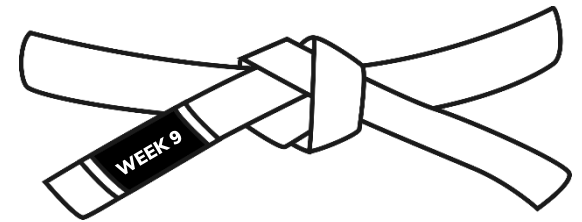
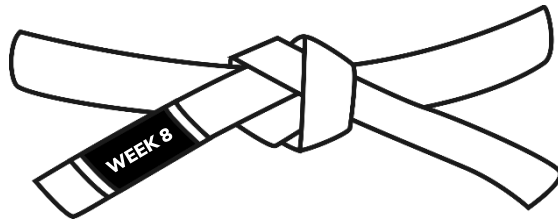
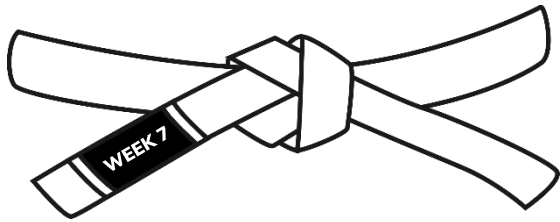


Under your belt

Shade in the belts and write something new you have learned or improved at, for each week you take part in your Martial Arts activity.

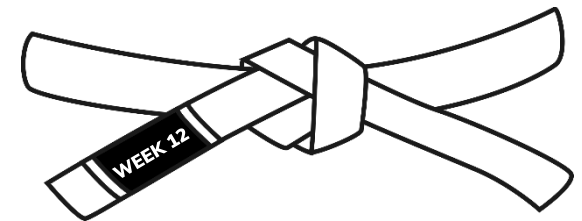
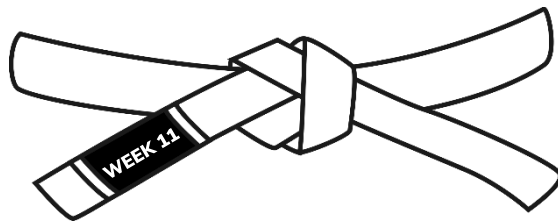
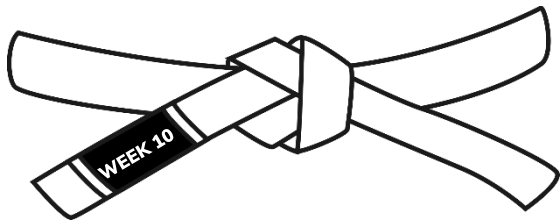




Empty rectangular box for notes.

Empty rectangular box for notes.

Empty rectangular box for notes.



Empty rectangular box for notes.

Empty rectangular box for notes.

Empty rectangular box for notes.

NAME:

MARTIAL ART: