

Columbia Shorin-Ryu Karate Club Training Record

Please remember to have your training partner, parent, or other adult sign your sheet for each training session.

- **Beginner:** Practice schedule for white through orange belts twice a day for only 10 minutes working on current material.
- **Intermediate:** Practice schedule for blue through purple is for 15 minutes twice a day working on current material plus going over white through yellow at least once.
- **Advanced:** Practice for advanced class is 20 minutes trice a day working on new material and all forms up to current level at least one time.
- **Black Belts** are the same as advanced plus weapons forms

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