



ATA Vacation Homework Sheet

Please remember, everyone has a different working level.

While you (or your instructors) are gone, please use this homework sheet and bring it back completed to earn STARS! These STARS represent a personal victory that YOU achieve. This homework sheet is not mandatory, so please have fun with it and achieve what is YOUR goal.

Practice once a day. Log how many minutes you spent each day in the boxes below

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Form							
One-steps							
Self-Defense							

Life Skill. Talk about this month's Life Skill and goals with your family 3 days this week.

	Day 1	Day 2	Day 3
Talk w/ family			

Calisthenics (warm-ups). Choose 5 days you would like to do these, and complete at least 10 of each on those days. Log in the boxes below, the number of each exercise you complete.

	Day 1	Day 2	Day 3	Day 4	Day 5
Squats					
Sit ups					
Push ups					

Drills and technical practice. Practice at least 20 each day. Log in the boxes below, the number of each drill you practice.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Kicks							
Strikes							
Blocks							

X

Student Signature

X

Parent Signature