



# AT-HOME PRACTICE



**MAY 2018**

Complete the 2 Required AT-HOME PRACTICE activities to receive credit toward the 2018 "I AM AWESOME" Award.  
Must be completed and turned into the Omega office by the end of June 2018.

**1. PRACTICE MARTIAL ARTS AT HOME FOR 10 HRS IN ONE MONTH:**

Proper practice outside of regular martial art class time is essential for consistent progression. Many students have not created a habit of practicing their martial arts at home on a regular basis. This activity is designed to help create the habit of proper at-home practice. When a student does this activity, my hope is that they will see the benefits of consistent practice and they will want to keep this habit going in the future. It is a proven fact that when a student has a habit of practicing outside the studio, their progression inside the studio becomes more frequent and the student stays engaged and excited about martial arts.

**REPORT YOUR 10 HOURS BY CHECKING OFF THE FOLLOWING BOXES:**

1	2	3	4	5	6	7	8	9	10
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**2. REPORT ON HOW THESE 10 HRS OF PRACTICE TIME HAS HELPED YOU & SET 3 GOALS FOR FUTURE AT-HOME PRACTICE TIME:**

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**GOAL #1:** \_\_\_\_\_

**GOAL #2:** \_\_\_\_\_

**GOAL #3:** \_\_\_\_\_

**BONUS:** Complete additional projects or activities that demonstrate AT-HOME PRACTICE. Additional activities or projects must be worthwhile, must involve other people, and must revolve around the AT-HOME PRACTICE theme. **(5 Points Each)**. Explain what you chose to do and what you learned:

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NAME OF OMEGA STUDENT

PARENT SIGNATURE