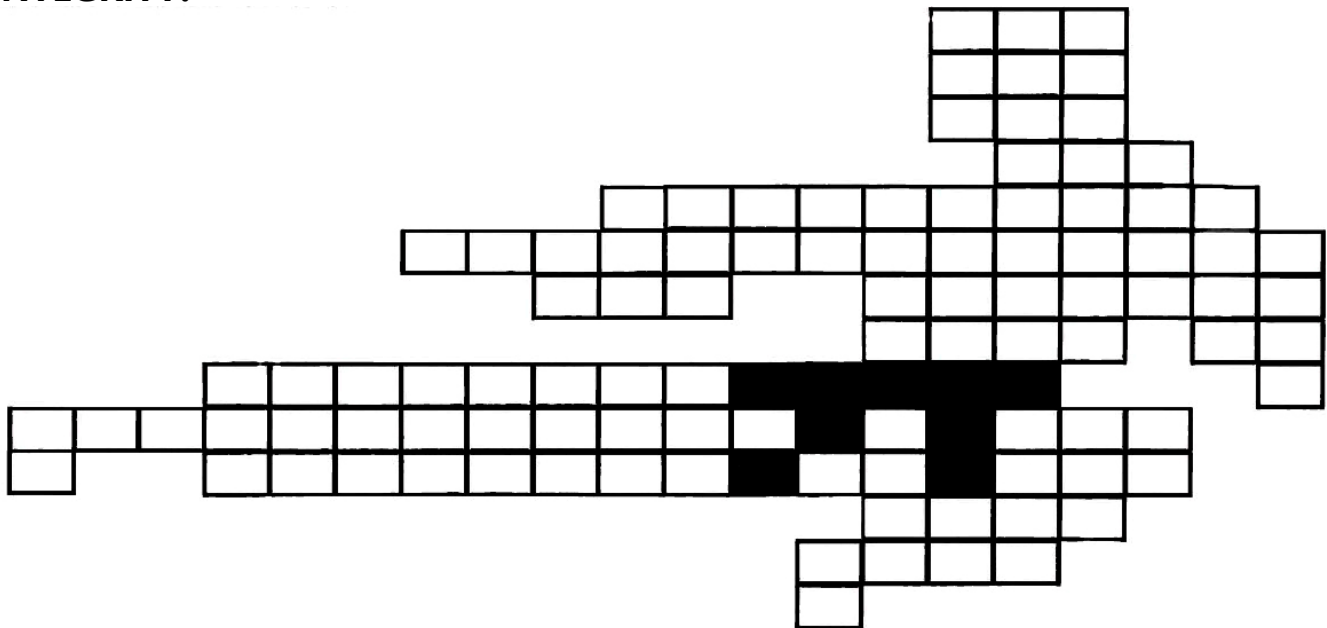




100 CLUB FORM

Active Martial Arts is proud to assist our students become better martial artists through the 100 Club. This will now be **required in order to earn your "Forms" stripe for testing.** The student promises to practice his or her current form **AT HOME** at least **100 TIMES** during the 12-week training cycle and to turn his or her 100 Club form in **BEFORE THE NEXT TESTING.** Please limit your at-home form practice to 5 times per day. The instructor promises to provide special recognition to the student for his or her faithful practice. 100 Club students stand out from non-100 Club students. 100 Club students' forms are more graceful, powerful, natural, and beautiful. 100 Club membership results in superior performance at testing, tournaments, and demonstrations. Practice includes review of the applicable student instruction videos. PARENTS initial all blocks in the Martial Artists Puzzle and ADULT students initial for themselves after each time you practice your form. **All students will be held to the highest standard of INTEGRITY!**



Student Name _____ Form Name _____

Student or Parent Signature _____ Date _____