

## SEIBUKAN EXTRA ACTIVITY SCHEDULE

Beat the Back-To-School Blues

<i>MONTH</i>	<i>STRETCH 5 MINUTES</i>	<i>PT 1 MINIMUM 2</i>	<i>KATA SLOW/HARD</i>	<i>AB'S</i>	<i>CARDIO RUN &amp; JUMP ROPE KUMITE DRILLS</i>	<i>EXTREME TECHNIQUES</i>	<i>SUPER STRETCH</i>	<i>PUSH UPS/DIPS</i>
<i>Sept/Date</i>	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below
<i>Oct/Date</i>	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below
<i>Nov/Date</i>	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below
<i>Dec/Date</i>	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below	Mark Below
STUDENT SIGNATURE					INSTRUCTOR SIGNATURE			