



100 Club

Rules for participating in the 100 club:

- ★ Student must perform his/her current form 100 times outside of class in front of a parent/helper.
- ★ Current form must be performed thoroughly and correctly.
- ★ Parents/helpers should make an effort to know the sequence of the techniques in their child's form.
- ★ Once the student performs their form 100 times correctly, they will receive a Certificate of Completion to be presented at the next award ceremony.





Student's Name: _____

Rank: _____

Date Started: _____

Date Completed: _____

Parent's Signature

Date