

## Individual Development Plan

We should always be looking to improve, this form is yours to fill out. Present it at gradings and show how you have worked towards your targets. Use feedback from gradings, classes and your own preferences to highlight an area to develop. Seek guidance from a senior belt for review and feedback

Technique Name	What do you want to improve?	How can you do this?	Time frame
(Name of Kick / Punch / Footwork / Sparring / Self-defence / Strength / Fitness / Breaking)	Power / Speed / Technique / Flexibility	Muscle exercises / Stretching / Practicing technique / How many & How frequently	When is this reviewed and by whom?