



Volunteer Sheet

In an effort to not only produce outstanding martial artists, but also responsible citizens who contribute to the community. Integrity Martial Arts requires all students wishing to attain a Black Belt perform a certain amount of volunteer service.

children: 20hrs | adults: 40hrs.

Date	Location and/or organization volunteer service was donated	Hours	Sign Off

**If the Integrity Martial Arts student is under 16, a parent must sign off on the hours donated.*