

Full Name: \_\_\_\_\_

# VICTORY CHART



**PARENTS:** This is a special award achievement. This list should be turned in at the beginning of the first class each week. It's intent is to help the student develop "Black Belt Excellence" in all areas of life. As a parent it is important to monitor your child's outstanding accomplishments outside of our martial arts school. We believe that this is an important aspect of training for children.

CLEAN ROOM	MON	TUE	WED	THU	FRI	SAT	SUN
Make my bed							
Put things away							
Pick up clothes							

  

SELF CARE	MON	TUE	WED	THU	FRI	SAT	SUN
Brush teeth & hair							
Take a bath							
Eat to WIN							

  

FAMILY	MON	TUE	WED	THU	FRI	SAT	SUN
Complete assigned chores							
Have Black Belt respect for family							
Help with younger brother or sister							
Ready for Taekwon-Do on time							

  

SELF DEVELOPMENT	MON	TUE	WED	THU	FRI	SAT	SUN
Practice TKD 10 Push Ups- 20 Sit Ups- 10 Speed kicks							
Work on short-term goal							
Write a long-term goal							

  

SCHOOL	MON	TUE	WED	THU	FRI	SAT	SUN
Complete homework on time							
Use Black Belt effort in class							
Greet teacher everyday							
Have Black Belt respect for teachers							

**INSTRUCTIONS:** Post on refrigerator, door or bulletin board within student reach. Start with one or a few activities and add 1 weekly. Have your child monitor this chart with their choice of x's, checks, stars, hearts, smileys or favorite stickers. Each activity **MUST** be completed **EVERY** day. Return the homework sheet at the first class of each week and your child will receive a Victory Achievement Star.

This is a special 6 part curriculum designed to be age appropriate and teach your child learning and leadership skills along with a sense of safety and increase self esteem. It's intent is to help the student develop balance, focus, body awareness and "Black Belt Excellence" in all areas of life, at home, at school and here in the studio.

To help us with your child's training and focus in class please follow these simple rules:

- ✓ Arrive 5 minutes before class time. Please keep your child with you until class begins.
- ✓ No late arrivals. This is embarrassing to your child and disruptive to the entire class.
- ✓ Always wear a clean uniform for training (a TKD school t-shirt is ok).
- ✓ Have your child's weekly VICTORY sheet prepared in advance first class of each week.
- ✓ Review your child's curriculum and education study sheet at least once a week between classes.
- ✓ We prefer you stay while your child is in class.
- ✓ If you need to leave or step outside please come back into the studio to pick up your child.
- ✓ We do not allow students to wait outside or run out when a horn is honked.

\*\*\*\*\*

1. Congratulate your child on making the choice to come to class today and fulfilling their commitment to becoming a Black Belt leader. When they look over at you during class, support them with a positive smile of encouragement and pride.
2. Help them stay focused by letting the instructors and assistants do the work when it comes to making the corrections.
3. Please step outside for conversation or if you have a younger child needing your attention. A high energy class is important and we love noise during class. However, it is better for our students if they are the ones making it. Thank you for turning off cell phones and pagers while paying attention to your child's class.
4. After every class, spend time with your child discussing their training. Focus on "what" they did instead of "how" they did. This will build their confidence and excitement about their next class.
5. As your child begins class give yourself a "pat on the back" for being a caring, committed parent and supporting your child in all that they do. They may not thank you for years to come but remember you are responsible for making the biggest positive influences for them at this age.
6. You will not find a better activity for your child that develops self-esteem, self discipline, fitness and respect.
7. Your child may express a desire to stop training from time to time. There are only three reasons for this:
  - ⇒ They think they can't do it.
  - ⇒ They don't know how to do it.
  - ⇒ Someone told them it was OK to quit on their goals.

We can certainly correct the first two.  
Please let us help talk them through training frustrations and encourage  
a "not quitting" "never give up" attitude.

**"A BLACK BELT IS A WHITE BELT THAT NEVER GAVE UP"**

## NINJA ALL STARS - WORDS OF THE WEEK

Please review the word of the week and recite the meanings with your child for memorization.  
Your child's behavior at home and at school should reflect the same respect and lifeskills they learn in the studio.  
Example; Ask your child "Are you using good **BLACK BELT COURTESY** today?"

- Week 1 / 7 COURTESY- To be kind, share and always show respect.
- Week 2 / 8 INTEGRITY- To be honest with myself and others. To ALWAYS tell the truth!
- Week 3 / 9 PERSEVERANCE- To always keep trying and never give up!
- Week 4 / 10 SELF CONTROL- To control my mind and control my body!
- Week 5 / 11 INDOMITABLE SPIRIT- To have an unbeatable spirit. To have a WINNING attitude!
- Week 6 / 12 SELF DISCIPLINE- To do the things I know I must do without being asked.