



Paramount Martial Arts Homework

5 Requirements for the Homework Stripe.

- * Responsible behavior at home
- * Responsible behavior at school and passing grades at school
- * Overall performance and attendance at karate
- * Completion of monthly homework
- * Turning your homework in on time

Dear Parents and Students,

This Homework is handed out monthly. It is due to be turned in by the Thursday before testing week., unless noted otherwise. Little dragons can get help by their parents. Older students will be expected to write full sentences.

Remember this homework is the responsibility of the student not the parents (Parents can help though)

After completing this homework please turn in at the proper basket and wait for it to be "checked" (you may have to wait until the next time you come in for it to be "checked") Once you pick up your homework check to see if it says "pass", if it does bring it to the front counter to get your RED stripe.

Students must ask politely for their red stripe.

Name _____ Rank _____

Date _____ Parent Signature _____

| TECHNIQUE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | PARENT INITIALS |
|-------------------------|--------|---------|-----------|----------|--------|----------|-----------------|
| KICKBOXING/SHADOWBOXING | | | | | | | |
| FORMS | | | | | | | |
| SELF DEFENSE | | | | | | | |
| REVIEW PAST MATERIAL | | | | | | | |

THE INSTRUCTORS RECOMMEND EACH STUDENT PRACTICE AT LEAST 20 MINUTES A DAY AT HOME. THIS WILL ENSURE QUALITY PERFORMANCES AT TESTING TIME. PARENTS PLEASE WATCH THE KIDS AND SIGN OFF WHEN THEY HAVE COMPLETED THEIR PRACTICE. REQUIRED FOR TESTING

| TECHNIQUE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | PARENT |
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THIS MONTHS HOMEWORK IS ON

GOAL SETTING

A Goal You Set
Is A Goal
You Get!

Please list 3 Goals you have set for the new year:

- 1 _____
- 2 _____
- 3 _____

Please choose the answer (s) that you think is the best action to take to reach your goals:

- Jack wanted to save money to buy himself a bike. Once he saved \$5 he spent it on candy.
- Sarah had many goals for the new year. She wrote them down and made a plan of how she would reach her goals.

Please read this story and then answer the questions below:

Along time ago a young boy was learning archery. His instructor tried several ways to teach him how to shoot farther with his arrow. The boy always aimed at the target but the arrow never went all the way to the target. The teacher tried to explain that he must aim past the target to hit the target. The teacher then told him a story about an archer who wanted to shoot an eagle who was stealing his chickens. But he also always missed the eagle. So he started aiming towards the moon. And he then had success. If you aim for the moon you can reach the eagle but if you aim for the eagle you will only hit a rock! The boy then understood that to reach a goal that was farther out he had to aim higher than his goal and he would surely reach his goal. How many times have you aimed at a goal but fell short. Let's say you aim for getting an A on a test but you got a C. What if you aimed at getting the highest possible score in the class then the A would be easy to hit. Think of other times you might have fallen short of a goal. If you aim higher than your goal you will be more likely to reach your goal.

How are you going to aim higher at your goals?:

Did the boy learn how to aim higher than his goals or lower?: _____

What did you learn from reading this story?:

Everyone should know an approximate date of when they will reach their first level of **Black Belt!**

List your approximate date here: _____

If you have already reached Black Belt then list when you will receive your next level and what level that is.