



# 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
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**

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# THIS MONTHS HOMEWORK IS ON

## KINDNESS

Random acts of  
Kindness can  
change  
someone's day

Please list 5 kind things you have done for someone else:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Please choose the answer (s) that you think are acts of kindness:

- Peter is on the bus and he see's an elderly lady standing up so he offered her his seat.
- Mike was walking and he saw a man drop a dollar, he picked it up and put it in his pocket.
- Daniel knows his little brother has trouble with math, every time his brother asks for help Daniel refuses.
- Tim sees a lady leaving a store and her hands are full so he runs over and opens the door for her.
- Billy is going to play basketball with all his friends after dinner but he stays and helps his mom clean up first.

Please answer below which statement you think is true or false:

- |   | <u>TRUE</u>              | <u>FALSE</u>             |
|---|--------------------------|--------------------------|
| Being kind is sometimes hard.   | <input type="checkbox"/> | <input type="checkbox"/> |
| Calling someone mean names is nice.                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| Being kind can change someone's entire day.                           | <input type="checkbox"/> | <input type="checkbox"/> |
| You should be nice to someone even if they aren't always nice to you. | <input type="checkbox"/> | <input type="checkbox"/> |