

# Paramount Martial Arts



## Homework

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.

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

Name\_\_\_\_\_

Rank\_\_\_\_\_

Date\_\_\_\_\_

Parent Signature\_\_\_\_\_

# THIS MONTHS HOMEWORK IS ON

## POSITIVE SELF IMAGE

*Success is not measured by how  
we compare with others.*

*Success is measured by comparing our  
accomplishments to our capabilities.*

## September

A self-image is the way we look at ourselves. We want to look at ourselves positively in all aspects of life. Look at the positive things about yourself, like things you are good at or things you like about yourself. Being positive about yourself does not mean to think you are better than everyone else.

Be the best YOU can be.

This month our focus is on building a positive self-image. An individual's self-concept is the core of his personality. It affects every aspect of human behavior: the ability to learn, the capacity to grow and change, the choice of friends, mates and careers. It is no exaggeration to say that a strong, positive self-image is the best possible preparation for success in life. We feel strongly that a positive self-image is a necessary and important part of a person and know it plays a huge role helping them realize their dreams.

Fill out every answer completely.

A. List 5 words that describe you best:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

B. State 3 things you do best:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

C. State 3 things you would like to do better:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

D. State the best things that have happened to you:

- \_\_\_\_\_
- \_\_\_\_\_

E. Name 3 important people who have helped you:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

F. State 3 important things you have done for someone else:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# THIS MONTHS HOMEWORK IS ON

## DEDICATION

## August

ded·i·ca·tion:

*the quality of being dedicated or  
committed to a task or purpose.*

*This is a story about a tortoise. The tortoise's name was Todd. Todd decided he was going to enter the big race in town. The day of the race Todd started strong and steady. Along the way of the race Todd looked on the sidelines and saw his friends playing on the playground. He really wanted to play with them but Todd decided to stay in the race. A little further along the race some bullies started yelling negative things at Todd. They said things like "Your not good enough to finish the race!" and "Your never going to make it to the end anyway, why not just quit?". Todd felt sad but he kept going in the race. Now that Todd was almost done with the race he had a smile on his face because he kept going and didn't quit. Todd finished the race! That wasn't the end for Todd, he entered and finished many races after that day.*

1. How did Todd feel when he finished the race?

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2. Did Todd feel like quitting sometimes? YES / NO

3. Is it OK to feel like quitting sometimes? YES / NO

4. What do you think you should do if you ever feel like quitting?

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5. Name some people (at least two) that have helped you reach your goals:

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6. Name 3 goals that you have right now that you plan to stay dedicated to:

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

7. What goal have you had that was hard but you stayed dedicated and your glad that you did:

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# THIS MONTHS HOMEWORK IS ON

## SAFETY

JULY 2014

Safety is always best in numbers.

1. If you start to feel someone is following you, you should:

- ☐ Tell them to leave you alone
- ☐ Explain to them that you can't talk to strangers
- ☐ If you have a cell phone call your parents
- ☐ Go straight home

2. It is always best if you can walk to and from school with a \_\_\_\_\_.

3. When is it OK to talk to strangers:

- ☐ At a park play ground
- ☐ When your parents are with you
- ☐ Never
- ☐ At the grocery Store

4. All Strangers are bad people: TRUE / FALSE

5. If a stranger grabs you, you should scream, kick, bite, scratch and anything else you can do:

TRUE / FALSE

6. Explain what you think a stranger looks like:

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7. If someone knows your name does that mean they aren't a stranger? YES / NO

8. What would you do if a stranger tried to talk to you?

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# THIS MONTHS HOMEWORK IS ON

## TEAMWORK

JUNE 2014

“Where two or more people work together to achieve a common goal”

**A.** Fill in the blanks in the definition of Teamwork

Teamwork: Where \_\_\_\_\_ or more people work \_\_\_\_\_ to achieve a common \_\_\_\_\_

**B.** Name 5 different teams that you have heard of:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**C.** Name 5 different teams that you belong to: (doesn't have to be a sports team)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**D.** On any true team is any one person more important? YES / NO

**E.** Fill in the blanks below:

There is no \_\_\_\_\_ in TEAM!

**F.** Team stands for

T \_\_\_\_\_ E \_\_\_\_\_ A \_\_\_\_\_ M \_\_\_\_\_

**G.** How can people achieve more when they work together?

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# THIS MONTHS HOMEWORK IS ON

## SELF-DISCIPLINE

MAY 2014

If you know what to do,  
do what you know!

Self-Discipline is doing things without being told and when no one is watching. The ability to control your feelings and overcome your weaknesses. To do the right thing even when it might be easier to do something else. If you say you are going to do something it is self-discipline to make sure you do it. This helps people be able to trust you.

**Kids-**Check off each task you do each day for an entire week. Be honest and do these with out being asked.

**Lil' Dragons-**You may not do all of these chores, so check off what you do.

**Everyone-** If you have chores that are not on here, please add more in the blank spots at the bottom.

Make sure you do all chores at least 4 times in a week.

Task:	MON	TUES	WED	THURS	FRI	SAT	SUN
Made Bed							
Did Homework							
Washed Dishes							
Put Away Laundry							
Cleaned Room							
Brushed Teeth							
Said "Please" and "Thank You"							
Dusted Where Told To							
Vacuumed							
Swept							
Fed Pets (If any)							
Set Table							
Cleared Table							
Cleaned Bathroom							
Practiced Martial Arts-15 min.							

# THIS MONTHS HOMEWORK IS ON

## PERSEVERANCE

### The Story Of The Bamboo

The Chinese plant seed: they water it and fertilize it, but the first year nothing happens. The second year they water it and fertilize it, and still nothing happens. The third and fourth years they water and fertilize it, with no apparent results, and sometime during the course of the fifth year, in a period of six weeks, the Chinese Bamboo Tree grows roughly ninety feet.

The question is, did it grow ninety feet in six weeks or did it grow ninety feet in five years? The obvious answer is that it grew ninety feet in five years because, had they not applied the water and fertilizer each year, there would be no Chinese Bamboo Tree. All of us have had those “Chinese Bamboo Tree” experiences. We might have had a difficult assignment in math, social studies or science. We had to work at it again and again without coming up with the correct answer. Once we did finally get the answer it seemed simple and obvious. We came up with the answer not because of our intellectual brilliance but because of our perseverance.

Please read the story above and answer the following questions about perseverance.

1. The next time you are faced with a hard assignment how are you going to use perseverance to complete the assignment?

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2. How will perseverance and determination help you reach your goals?

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3. How can you help your family by using perseverance?

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4. How will you feel when you accomplish your goals?

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5. Work to always finish what you start. Believe in yourself and stay diligent. Tell of a time when you completed something and you felt great because of your accomplishment.

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# THIS MONTHS HOMEWORK IS ON

## STUDENT CREED

**I will develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.**

**I will develop self-discipline in order to bring out the best in myself and others.**

**I will use common sense before self-defense and never be abusive or offensive.**

**This is a black belt school. We are dedicated. We are motivated. We are on a quest to be our best.**

**Winners never quit. Quitters never win.**

**I CHOOSE TO WIN!**

Please circle the best answer about using common sense when it comes to self-defense:

1. If a bully is picking on us we should.....
  - A. Punch them before they can hurt us
  - B. Put our fists up and make a warrior face
  - C. Get in a self protection stance and tell them to back off
  - D. Get a group of friends to help you beat them up
2. When should we use Karate?
  - A. If someone calls us a name
  - B. When someone bumps into us
  - C. If a stranger tries to harm or hurt us
  - D. When brothers or sisters are bothering us

Please fill out the chart below giving positive and negative actions concerning mental growth and physical health:

### Mental Growth

Positive Actions

1. Read a book
- 2.
- 3.
- 4.
- 5.

Negative Actions

1. Too much TV
- 2.
- 3.
- 4.
- 5.

### Physical Health

Positive Actions

1. Exercise
- 2.
- 3.
- 4.
- 5.

Negative Actions

1. Smoking
- 2.
- 3.
- 4.
- 5.



# 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"/>

# 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?:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# THIS MONTHS HOMEWORK IS ON

## Humility

Please list 3 examples of Humility:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

hu·mil·i·ty

a modest or low view of  
one's own importance;  
humbleness.

Please choose the best answer (s) that you think is being Humble:

- ☐ Beth won an award for having the highest grade in her class. She went around to all the other kids in her class and said "Ha Ha I am smarter than you!"
- ☐ Jenna donated some money to a charity and then made sure to post online about how generous she was for donating her money.
- ☐ Jonny was very smart, he knew his friend Andy was having trouble in math . Johnny helped Andy but didn't tell anyone so that Andy wasn't embarrassed.

Please read this story and then answer the questions below:

There once was a lady named Tiffany. Tiffany decided she wanted to help people around Christmas time who couldn't get gifts for their children and children who didn't have parents to get gifts for them. Tiffany went to the store and bought the nicest toys she could find. She then brought all the toys to a donation center. That donation center brought all the toys to all the children who didn't have any that they could. The donation center had never had such a large donation before, they tried to find the lady who donated all the toys to thank her but she was gone. She wanted to stay anonymous. She wanted to bring joy to peoples lives without expecting anything in return.

How do you think Tiffany is being HUMBLE in this story?:

Does Tiffany give toys to the children to make herself look better?: \_\_\_\_\_

What did you learn from reading this story?:

\_\_\_\_\_  
\_\_\_\_\_

# THIS MONTHS HOMEWORK IS ON

## BEING GRATEFUL

*There is always,  
always, always  
something to be  
thankful for.*

Please list 5 things you are Grateful for:

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

Please choose the best answer (s) that you think is being Grateful:

- ☐ Tommy got a Christmas present that he didn't really want so he told his mom she should bring it back .
- ☐ Jane went out to pizza with her family. When the pizza arrived it was pepperoni, Jane doesn't like pepperoni so she just took off the pepperoni and made it a "cheese" pizza.
- ☐ Johnny got a present for his birthday but it wasn't exactly what he wanted, he said thank you to his parents but then also told them it wasn't really what he wanted.
- ☐ Mitchell was walking in the mall and saw someone drop a dollar, he picked it up and gave back to the person. The person then thanked him.

Please read this story and then answer the questions below:

Kate works in an office and is very busy. She always visits her mother who is in a nursing home on Mondays at 1pm. One day Kate's coworker Jack asked her if she could go to lunch on Monday at 1pm, she told him no that she had to go visit her mother. One day Kate's mother passed away. Again a coworker asked if she could go to lunch on Monday at 1pm, she began to say that she couldn't go and realized that she could go. Kate realized that after all this time she GOT to see her mother she didn't HAVE to see her mother.

Do you think Kate was more Grateful for the time with her mother after her mother passed away? \_\_\_\_\_

Does Kate act Grateful when she says she HAS to go see her mother? \_\_\_\_\_

What did you learn from reading this story:

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