



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** _____

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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

SAFETY

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:

7. If someone knows your name does that mean they are not a stranger? YES / NO

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