



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** _____

REQUIRED PRACTICE TIME SHEET NAME _____

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**

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THIS MONTHS HOMEWORK IS ON

SELF-DISCIPLINE

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							