



SELF IMPROVEMENT WORKSHEET

Student's Name: _____

Parents: This is a special award achievement. This list should be turned in at the first class of every week. Its intent is to help the student develop Black Belt habits. As a parent it is important to use this list to monitor your child's outstanding accomplishments. Martial Arts teach us life skills that we should try to incorporate to life OUTSIDE of the Taekwon-Do school. I believe that this is an important aspect of martial arts training for children.

| MON | TUE | WED | THU | FRI | SAT | SUN |
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COURTESY

Practice Manners: Please/Thank You

Share with Friends and Family

Look at People When Talking to Them

SELF DEVELOPMENT

Practice TKD At Home

Work on short-term goal (less than 30 days away)

List Short Term Goal (explain the goal)

SELF DISCIPLINE

Make my bed & tidy my room

Take a shower or bath

Brush teeth & hair

Help Get Ready for Taekwon-Do on time

FAMILY

Help with younger brother or sister

Listen to Parents

BLACK BELT BONUS COURTESY

Special RED Star Award

Use Yes and No Sir/Ma'am

Follow the ONE TIME RULE