

Name: _____

Attitude Stripes

SAMPLE

	<i>Week of</i>	<i>Parent's Signatures</i>	<i>Weekly Attitudes</i>
Week 1	Dec 13 ~ 19	_____	Respect
Week 2	Dec 20 ~ 26	_____	Appreciation
Week 3	Dec 27 ~ Jan 2	_____	Cleanliness
Week 4	Jan 3 ~ 9	_____	Responsibility
Week 5	Jan 10 ~ 16	_____	Love and Thanks
Week 6	Jan 17 ~ 23	_____	Above and Beyond
Week 7	Jan 24 ~ 30	_____	Respect
Week 8	Jan 31 ~ Feb 6	_____	Appreciation
Week 9	Feb 7 ~ 13	_____	Cleanliness
Week 10	Feb 14~ 20	_____	Responsibility
Week 11	Feb 21~ 27	_____	Love and Thanks
Week 12	Feb 28 ~ Mar 6	_____	Above and Beyond

Parents: Please sign this sheet **EVERY WEEK**.

Students: You must bring this sheet **EVERY WEEK** for Master Kim to review. For every week you bring in this form, you will receive one stripe on your belt. NOTE: Bringing your sheet only once for the last 4 weeks will only earn you one stripe!

- **You must earn 7 stripes to belt test!**
- 10+ stripes earn you a gold STAR!
- If you have 4 gold stars, you will earn a large TROPHY!

Showing Respect

Respect means to treat others the way you want to be treated. To earn your stripe, we would like you to answer your parents "Yes Sir" or "Yes Ma'am" for the whole week. Be extra polite. Say "I love you" at every opportunity, especially when they do something for you.

Learning Through Appreciation

Teachers are very important people. We learn how to focus our energy and concentration with their help. They teach us how to use our minds and encourage us to succeed. Martial Arts students know that the biggest gift you can give your teacher is your total attention, enthusiasm, and to do your very best.

Promoting Cleanliness

Mom and Dad like to see a clean, tidy bedroom. To earn your stripe, we would like you to surprise them and **CLEAN YOUR ROOM** before they ask you to! Being responsible for our things is another important rule in Martial Arts. Taking care of your possessions is an important form of respect!

Taking Responsibility

Mom and Dad have probably complained when they have had to ask you to do something more than once. Try doing chores, homework or anything else they ask the first time they ask, and show them proper respect by showing you were listening! **DO IT THE FIRST TIME!** Better yet, don't wait until you are asked!

Demonstrating Love and Thanks

"Thank you" and "I love you" are powerful positive messages that you can communicate very quickly and easily. Telling someone "Thank you" shows that you recognize the things they have done to help you out. Saying "I love you" can bring happiness to someone in need and all within earshot.

Going Above and Beyond

Do something to help your parents when they least expect it! Do something extra special that you don't ordinarily do without being asked. Set the table or help with the chores with a positive attitude. Be thoughtful and creative!