

THEME: RESPECT



Student's Name: _____

Belt Color: _____

Today's Date: _____

How many times have you practiced your form this session at home?

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37+

What is RESPECT?

- Respect is how you feel about someone and how you treat someone.
- Black belts show respect at all times. Respect yourself and others will respect you.

What are some examples of having a good RESPECT?

- At home: Not interrupting, arguing, and doing what is asked of you. Respect yourself by making good decisions like eating good food, getting enough sleep, and exercising.
- At school: Raising your hand before answering a question, no name calling, and looking someone in the eyes when you speak with them.
- At Taekwondo: Listening, following directions, and saying "Ma'am" or "Sir"

My RESPECT goals for this session are:

At home:

Week 1	Week 2	Week 3

At school:

Week 1	Week 2	Week 3

At Taekwondo:

Week 1	Week 2	Week 3

I understand respect and have achieved my personal goals for this session.

Student: _____

Parent: _____ **Date:** _____

TESTING is February 7, 2018. Students must hand in this sheet to earn parent stripe.