

Student's Name: _____

Date: _____

Class: Beginner Advanced

Following Directions Incentive Chart:

Students, you are expected to follow parents/ caregivers directions the **FIRST TIME** you're asked. This is not something we just talk about in the **Dojo** – it is expected to be done!

****As a reminder; Manners, Discipline & Respect are even more important than the physical requirements necessary for testing****

Parents, just complete this simple weekly chart so we can work together to help our children become the very best they can be. - Of course this could never take the place of other at home discipline, but it is another way that being part of our studio will help.

- *Parents, I realize that anything new (at first) can seem difficult & time consuming, but when you really look at it, it only takes 5 seconds to walk to the refrigerator to make a checkmark, and the end result will be well worth those few seconds.*

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1st Week	2 nd Week	1st Week	2 nd Week	1st Week	2 nd Week	1st Week	2 nd Week	1st Week	2 nd Week	1st Week	2 nd Week	1st Week	2 nd Week

* Each time child is told (after 1st time) to complete a task = 1 Checkmark

1 Checkmark = 10 pushups at the Dojo

* Each time child follows directions the 1st time given = 1 Star

1 Star = -2 pushups

* Each time child completes task without even being told = 2 Stars

2 Stars = -4 pushups

Simply make copies of this form (or pick up an extra at the Dojo).

This is a 2 week chart, but you are welcome to bring to Dojo at anytime.

Thank you for being a wonderful part of our studio family!

**** This form will play a HUGE part in a student's right to test for rank advancement.****