
Stripe 4: Homework Sheet

RESPECT

"It's not what you know, it's what you do! "

Respect, one of the key tenants of Taekwondo, can be seen in many places throughout training. From bowing to our partner, to responding yes sir or ma'am to the instructor, students are encouraged to show respect so that everyone in class can have a positive, safe place to learn. Just like last cycle's lifeskill, communication, Respect is often shown by our body language as well as the words we choose.

Respect for Others- How am I standing? Is my back straight? Are my eyes up? Am I showing respect to the person talking with my body language?

Respect for myself- Was I on time for class? Is my uniform clean and pressed? Am I expecting the very best out of each of my techniques?

Respect for the school- Do I throw my gear bag and clothes around, or do I set them neatly in their proper place? Did I bow and greet the program director when I entered the door?

Working through the Principles of Respect

To earn your red stripe, please fill out the questions below, and return your sheet to the front desk.

Courtesy- How do you show courtesy to everyone at your school?

Kindness- What do you do at home for your parents or siblings without expecting anything in return?

Loyalty- How do you show loyalty to your taekwondo instructors?

Communication- How do I use my words and body language to communicate respect when I am outside in my community?

Life Habits - Respect

In order to practice communicating Respect, students must check off the boxes below when they bow to mom, dad, or whoever brought them to class and thank them for the ride. This act of gratitude and respect is a great way to show our parents that we respect the time and money spent on our training!

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Intent to Promote

Dear Parents and Teachers,

Our main objective at “Thrive Martial Arts” is to develop well-rounded students, not only at our school, but also in life. That’s why our school teaches the principles of Black Belt Excellence. Not only do students become black belts in martial arts, but also strive to become academic black belts and eventually corporate black belts or black belt employees. We use the term “black belt” as a metaphor for personal excellence.

In order to monitor our students’ progress toward these goals, we respectfully request you complete the following:

School Teacher	The student is doing satisfactory work, and receiving passing grades.	
	_____	Agree
	Teacher’s signature	(Circle one)
	_____	Disagree
	Date	

	My son or daughter has been behaving in a respectful manner and is cooperative at home.	Parents
Agree	_____	
(Circle one)	Parent’s signature	
Disagree	_____	
	Date	

If one of our students does not meet these standards, we will hold their testing until there has been satisfactory improvement. If you have any other direct feedback beyond the scope of this form, please feel free to call us at the number below.

Feel free to look over this sheet to see all the hard work this student is doing and to encourage them in the Life Skills and Life Habits we are talking about with them in class. Thank you for your help!

Sincerely, The Thrive Leadership Team

Broomfield	Mr. Joey Overby	720-634-5425
Windsor	Mr. Kenny Overby	970-674-0321
Ft. Collins	Mr. Andrew Beck	970 282-3737