
Stripe 4: Homework Sheet

COMMUNICATION**“The link between the world and me!”**

With the root word “common”, communication is the attempt to find common ground between two people. We communicate in multiple ways. The words we choose, our tone of voice, body posture, and the way we are dressed all affect the way our message comes across. In order to improve our communication, we will be focusing on four components of communication- look, listen, talk, and lead.”

Look- How am I standing? Is my back straight? Are my eyes up?

Listen- Do I appear to be listening to what someone is saying? Am I making eye contact? Did I let them finish speaking before I tried to respond?

Talk- What type of words do I choose on a daily basis? Do I speak positively to the people around me? Is my self-talk (the voice in my head) repeating positive messages?

Lead- Good leaders lead through action! Am I on time for appointments? Am I prepared? Am I encouraging?

Working through the components of communication

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

Look- How do communicate leadership with the way I dress?

Listen- What do I do with my posture and body language to show my school teacher or boss I am listening?

Talk- When I face a challenge, what words do I tell myself to stay positive?

Lead- What is one way I communicate leadership with my actions?

Life Habits - Discipline

In order to practice communicating leadership, students must check off the boxes below when they are dressed, have their gear bags, and are ready to leave for class 5 minutes before they are planning to leave. Remember, we communicate more with our body posture, eye contact, and actions than we do with our words! This exercise will help students communicate to their parents that they appreciate being in martial arts!

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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 is a positive part of my classroom.	
	_____	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,

Master Overby 970-674-0321