

# Martial Arts America Home Practice And Life Skills Worksheet



Student's Name \_\_\_\_\_

Students at Martial Arts America earn different stripes on their belts in 3 areas:

- **RED STRIPES**—are given for completing 3 home practices
- **BLUE STRIPES**—are for completing the Life Skills Challenges
- **BLACK STRIPES**—are progress stripes towards their next belt (4 & 5 year old Tigers get a single black stripe one month, then a new belt the next month. Students ages 6 and up earn **3 black stripes**—one stripe each month—then test for their new belt on the 4th month).

The **RED and BLUE stripes** are highly encouraged for students in order to get the most out of their karate training. **PARENTS**—please help your child develop their discipline and work ethic by supporting their home practice and use the Life Skills Challenges to bring home the important character traits that are taught at our dojo.



## RED STRIPES FOR HOME PRACTICING

Earn a **red stripe** on your karate belt by completing 3 practices at home. Mark the date of the practice and your initials in the box. Bring the sheet to class after 3 home practices have been completed for a red stripe. 7 red stripes earns a special patch at belt graduation

	Date/initials	Date/initials	Date/initials
1st Stripe			
2nd Stripe			
3rd Stripe			
4th Stripe			
5th Stripe			
6th Stripe			
7th Stripe			

7 red stripes earns a special patch at the next belt graduation (sewn on the lower right leg of the gi)

## Curriculum for this 8 week cycle

**Tigers (4 & 5 yrs)** - Kicking kata, Horse Stance kata #2, star blocking kata, nunchuks, sparring stance, round kick

**White, Yellow & Orange Belts**—Kihon kata #1 & 2, nunchuks, Sparring skills, Step up kicks (front leg), Self defense against grabs

Green—Brown Belts—Seisan Kata, nunchuks, point sparring, target kicks and crescent kick, self defense

Adv. Brown/-Seiunchin kata, Sai skills  
Apprentice Black Belts Kusanku kata, B0-bo kumiite Power kicks and target kicks, Punch self defense with takedowns

**Black Belts** - Sunsui kata, Lower kata review, Bo-Bo kumite, Bo-sai kumite, Punch self defense with takedowns,

## BLUE STRIPE FOR LIFE SKILLS CHALLENGES

Martial Arts America teaches 6 Life Skills: **Confidence, Persistence, Self Esteem, Honesty, Communication, Discipline**. There are weekly tasks for students to do outside the dojo to reinforce and embody these lessons. Parents & students: Complete the information in the boxes for each challenge.

The Life Skill for this 8 week cycle is **Confidence**

**Challenge 1**—Do a demonstration your karate kata or kicks in front of your family and tell them what having a “Yes-I-Can” attitude means to you Date \_\_\_\_\_

### Challenge 2

Lead the Student Creed in front of your karate class \_\_\_\_\_

Lead the Black Belt Principles in front of your class \_\_\_\_\_

### Challenge 3

Try a new food Food \_\_\_\_\_  
What was your reaction?

### Challenge 4 Face a Fear

Do something you've always been scared to do. Examples: go into the basement by yourself, talk in front of your class at school, try ice skating, Write about it on the back of this sheet

### Challenge 5

Make a new friend with someone at school, karate or other activities. Find out their name, age, favorite things to do and other things about them. Play a game with them or arrange a play date or other get together.

New friends name \_\_\_\_\_

What we did together \_\_\_\_\_



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Available on IOS and Android

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