

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, kicks, strikes and blocks
Dragons—16 strike kata, double strike kata

White, Yellow & Orange Belts—Horse Stance Katas, Kihon kata #4, Kali sticks, Sparring skills, Step up kicks, Self defense

Green—Adv. Purple belts—Naihanchi Kata, Kihon kata #5, Kali sticks, point sparring, target kicks and crescent kick, Self defense

Brown/Adv. Brown/Apprentice Black Belts—Seiunchin kata, sai basics, kata Power kicks and target kicks, self defense *Apprentice BB*

Black Belts - All kata review, Bo katas, self defense, jump kicks, sparing

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 **Discipline**

Challenge 1—Read 3 Books (not required by school)

Title	Completed
1. _____	_____
2. _____	_____
3. _____	_____

Challenge 2—Make your bed for 10 days in a row

1. ___ 2. ___ 3. ___ 4. ___ 5. ___ 6. ___ 7. ___ 8. ___ 9. ___
 10. ___ (if you miss a day, you must start over)

Challenge 3—Help set and clear the table after meals (for 10 days in a row)

1. ___ 2. ___ 3. ___ 4. ___ 5. ___ 6. ___ 7. ___ 8. ___ 9. ___
 10. ___ (if you miss a day, you must start over)

Challenge 4—Wake up on time (no snooze button) on school days—no complaining

1. ___ 2. ___ 3. ___ 4. ___ 5. ___ 6. ___ 7. ___ 8. ___ 9. ___
 10. ___ (if you miss a day, you must start over)

Challenge 5—Pick one exercise and do it every day 30 days.

Track your progress (Use the back of this sheet). Increase the numbers as you improve your strength and record it.

Examples:

Start with 10 pushups, then add 2 pushups each week

Start with 15 situps, then add 3 situps each week

Start with 10 burpees, then add 2 burpees each week

Tip: do the exercise at the same time each day



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