

Life Skills Record

For Taekwondo Kids

Student Name _____

This sheet is designed to reinforce and create positive behavior and good habits in your child when he / she is at home, school, or public settings. Each time your child demonstrates a life skill write it on this sheet. When full, this sheet may be turned into the instructors for a special belt stripe! Collect belt stripes for special rewards at each graduation!

Date _____ I demonstrated **RESPECT** by: _____

Date _____ I demonstrated **DISCIPLINE** by: _____

Date _____ I demonstrated **CONFIDENCE** by: _____

Date _____ I demonstrated **PERSEVERANCE** by: _____

Date _____ I demonstrated **INTEGRITY** by: _____

Date _____ I demonstrated **FOCUS** by: _____

Date _____ I demonstrated **SELF-ESTEEM** by: _____

Date _____ I demonstrated **GOALS** by: _____

Date _____ I demonstrated **BLACK BELT ATTITUDE** by: _____

Parent Signature _____