

BLACK BELT BLUE STRIPE

WHY WE DO THESE CHALLENGES

OUR MISSION

To build stronger, empowered families - on and off the mat!

These challenges help students understand that earning a Black Belt is about more than martial arts skills. It means building habits, character, confidence, and leadership that make a positive difference at home, at school, and in our community.

MY BEST LIST

Builds consistency, responsibility, respect, and pride through simple daily habits.

SELF-DISCIPLINE

Teaches students to take initiative, help their family, and do the right thing without being asked.

HOME PRACTICE

Develops focus, perseverance, and confidence by showing that improvement comes from steady effort.

HEALTHY EATING

Encourages better choices, stronger bodies, and the energy students need to perform their best.

BOOK CLUB & FIRST-TIME LISTENING

Strengthens learning, communication, respect, and the ability to follow directions with a Black Belt attitude.

Every completed challenge is a step toward becoming a Black Belt Leader.

Parents and instructors working together create stronger students and stronger families.

MY BEST LIST

STUDENT NAME _____ AGE _____ BELT _____

DEVELOPING GOOD HABITS THAT WILL LAST A LIFETIME.

Please complete to your parents approval to earn a LEADERSHIP Stripe!

My Responsibilities: (Write More in Blank Space)	M	T	W	T	F	S	S
Did I Make My Bed							
Hang Clothes/ Lay Out School Clothes							
Put Away Toys/Items When Done							
Brush Teeth / Shower:							
Complete Homework Promptly:							
Did I Take Pride In My Work Today?							
Remember To Pack Homework/Books?							
Show my class & teachers respect?							
Pick up belongings around the house							
Did I Show my Family Respect?							
Cleaned Plate/ Mess Then Put Away							
Made Healthy Food Choices							
Practiced Martial Arts for ____ Hours or Mins							

PARENT SIGNATURE: _____

STRIPE RECEIVED: ☐

SELF DISCIPLINE:

Each time you help out at home without being asked, write down how you helped out. You will receive a stripe once you have helped out at home ten times (outside of your regular expectations)

STRIPES RECEIVED:

HOME PRACTICE TIME:

Each time you practice at home, write down how many minutes and what you practiced. Once you have practiced five times for 15-20 minutes, turn in your sheet to receive a leadership stripe.

--- MINUTES OF : -----

--- MINUTES OF : -----

--- MINUTES OF : -----

--- MINUTES OF : -----

--- MINUTES OF : -----

STRIPES RECEIVED:

HEALTHY EATING:

Each time you choose healthy food over sugary snacks without being asked, write down what you chose to eat instead. Once you filled in five healthy choices, turn in your sheet to receive a leadership stripe.

I CHOSE : ----- INSTEAD OF: -----

I CHOSE : ----- INSTEAD OF: -----

I CHOSE : ----- INSTEAD OF: -----

I CHOSE : ----- INSTEAD OF: -----

I CHOSE : ----- INSTEAD OF: -----

PARENT SIGNATURE:

STRIPES RECEIVED:

BOOK CLUB

Each time you read at home, write down how many minutes and what you read. Once you have read five times for 15-20 minutes, turn in your sheet to receive an attitude stripe. Students under reading age can count reading with their parents.

___ **MINUTES OF :** _____

___ **MINUTES OF :** _____

___ **MINUTES OF :** _____

___ **MINUTES OF :** _____

___ **MINUTES OF :** _____

STRIPES RECEIVED:

FRIST TIME LISTING

Each time you listen to an adult the first time you will write the date you did and were told to do. Once you have listened 10 times, turn in your sheet to receive a leadership stripe.

I LISTENED THE FIRST TIME ON___ FOR: _____

I LISTENED THE FIRST TIME ON___ FOR: _____

I LISTENED THE FIRST TIME ON___ FOR: _____

I LISTENED THE FIRST TIME ON___ FOR: _____

I LISTENED THE FIRST TIME ON___ FOR: _____

I LISTENED THE FIRST TIME ON___ FOR: _____

I LISTENED THE FIRST TIME ON___ FOR: _____

I LISTENED THE FIRST TIME ON___ FOR: _____

I LISTENED THE FIRST TIME ON___ FOR: _____

STRIPES RECEIVED:

PARENT SIGNATURE: