

## Red Stripe – Respect

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Respect is a valuable life skill. The proper use of respect can help you avoid conflict, accelerate your learning and strengthen your relationships with friends and family.

There are many ways to show respect at the dojo.

1. Lining up quickly and quietly
2. Placing your shoes in the dressing room
3. Always raising your hand in class
4. Never stepping over a weapon on the floor
5. Always bowing to your partner after practicing and say thank you for training together

Can you come up with 3 more ways to show respect at the dojo?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

There are many ways to show respect at Home.

1. Saying “thank you” when someone helps you with something.
2. Saying “Please” when you ask your brother/sister to do something
3. Keeping a low voice while family members are watching T.V. or reading
4. Avoiding walking in front of someone while they are playing video games
5. Saying “Yes, Mom” or “Yes, Dad” when asked to do the dishes

Can you come up with 3 more ways to show respect at home?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Can you come up with three other places you can use respect?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Why is respect important to you?

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Parent Name: \_\_\_\_\_

Parent Comments:

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OK to Display, show or use your comments? Yes / No

## Orange Stripe – Focusing during activities

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Focusing during activities is extremely important. Accomplishing tasks with focus will improve the quality of your work, reduce the time required, and help you learn more

There are many ways to focus during activities at the dojo..

1. Keeping “Zanshin” fire eye focus while the instructor is speaking
2. Always paying attention to your partner while doing technique
3. Doing techniques slowly concentrating on doing the best you can
4. Focus on lining up quickly, quietly, and with the proper spacing

Can you come up with 3 more ways to show focus during activities at the dojo?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

There are many ways to show orange stripe focus at Home.

1. Listening and following rules while playing games at home
2. Cleaning the table, or play area when done
3. Making sure schoolwork is ready for the next day
4. Doing homework
5. Cleaning your room/house

Can you come up with 3 more ways to show orange stripe focus at home?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Can you come up with three other places you can use orange stripe focus?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Why is focus during activities important to you?

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Parent Name: \_\_\_\_\_

Parent Comments:

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OK to Display, show or use your comments? Yes / No

**Blue Stripe –Pride**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Pride in yourself, your family, your dojo, and your work is very important. With pride comes focus, respect, and taking care of things.

There are many ways to show pride at the dojo.

- 1. Bowing when entering the building
- 2. Marking your card each lesson
- 3. Learning to tie your belt
- 4. Keeping your GI neat and clean
- 5. Cleaning and keeping neat the dojo, changing rooms, and weapons

Can you come up with 3 more ways to show pride at the dojo?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

There are many ways to show pride at Home.

- 1. Folding your GI and belt when you get home
- 2. Doing your best work on schoolwork
- 3. Showing your parent your schoolwork, tests, and reports
- 4. Keeping your room clean with our a parent having to ask

Can you come up with 3 more ways to show pride at home?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Can you come up with three other places you can use pride?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Why is pride important to you?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Comments:  
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\_\_\_\_\_  
\_\_\_\_\_

OK to Display, show or use your comments? Yes / No

## White Stripe – Teamwork

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Everyone has many opportunities to show teamwork. Working as a team is important in the Dojo, at home, at also at school.

There are many ways to show teamwork at the dojo.

1. Showing your partner a technique
2. Working to have the group lineup quickly, quietly, and efficiently
3. During games
4. Helping out the instructor

Can you come up with 3 more ways to show teamwork at the dojo?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

There are many ways to show teamwork outside the Dojo.

1. Helping your group at school during class time
2. On the playground
3. Working with your family to complete tasks such as cleaning, cooking, laundry
4. Doing school projects as a team

Can you come up with 3 more ways to show teamwork outside the Dojo?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Can you come up with three other places you can use teamwork?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Why is teamwork important to you?

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\_\_\_\_\_  
\_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Comments:

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\_\_\_\_\_  
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OK to Display, show or use your comments? Yes / No