

## Children's "To Do List" (Ages 6 - 14)

(Monthly/Weekly/Daily)

## Mike's Tae Kwon Do Academy of Martial Arts

<b>Children's Home Rules</b>					
Children shall greet their parents when they enter the house and say good-bye when they leave.					
Children will at all times be respectful to their parents and grandparents.					
Children will at all times be truthful.					
Children will strive for a good relationship with their brothers and sisters.					
Children will willing help with the household chores.					
Children shall report to parents that they have completed assigned tasks.					
Children shall be responsible for the upkeep and neatness of their room.					
Children will practice daily cleanliness in the matter of hair, teeth & body.					
Children shall abide by their parent's decisions.					
Children shall not interrupt adult conversations.					
Children shall refrain from rowdy behavior at home.					
Children shall possess an active mind, body and spirit.					
Children will diligently study their schoolwork at home and school.					
Children will at all times be respectful of their school, teachers & peers.					
Children shall always finish what they have started.					
<b>Self-Development in TKD Training</b>					
Practiced my Martial Arts Studies at least 15 min. a day					
Practiced my Form "Poomse" at least twice a week.					
Practiced my Self-defense at least once a week (practice by pantomiming).					
Studied the philosophy of my Color Belt rank.					
Remembered to bring my required sparring equipment to Sparring class.					
Adhered to Mike's TKD School Rules and General Information.					
<p>This List is considered a Belt Requirement. The list once completed must be submitted to the Master Instructor. Parents are encouraged to help their child develop self-confidence and self-discipline by recognition. This can be accomplished by recognizing and rewarding your child for their accomplishments, making them feel proud and good about themselves, when assigned tasks are successfully administered.</p> <p><b>Master Michael P. Rother</b></p>	<p><b>Student Signature:</b> _____</p> <p><b>Parents Signature:</b> _____</p> <p style="color: red;"><b>Children who do not obey their parents, may be subject to reduction in their Martial Art Rank.</b></p>				