

Name _____ Age _____

Belt _____ Grade _____

Martial Arts Citizenship Awards Program

(the Family that Kicks together Sticks Together)

Month _____ Year _____

Daily Jobs at Home for Martial Arts Students

(Draw a 😊 for completed jobs only)

Martial Arts Students are Always the Best

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Clean My Room: *Responsibility*

1. Make my bed.
2. Hang up my clothes.
3. Put away all personal belongings.
- 4.
- 5.

Excellent Self-Care: *Self Confidence*

1. Brush my teeth.
2. Take my bath – hang towels after bathing.
3. Put all dirty clothes in the laundry.
- 4.
- 5.

Study/Practice: *Character*

1. Complete homework.
2. Get an "A" on a test.
3. Basic Exercise – stretching, running, etc.
4. Practice forms and basics.
- 5.

Wonderful Family: *Respect and Love*

1. Clean up after meals and snacks.
2. Take out the trash.
3. Listen to and respect parents.
4. Share and cooperate with brothers and sisters.
- 5.

Score

(Blank lines can be filled by individual family jobs)

(insert your logo)

Announcing...

The Citizenship Awards Program

Dear Parents:

In keeping with the principles and goals of the martial arts, we have established the new Citizenship Awards program for children. The object is to encourage the development of good habits into our junior students through positive reinforcement. Youngsters will earn special recognition and awards as they learn to accept responsibilities at home. We hope that this system of cooperative motivation will support you as parents in the family education of your children.

The score sheet provided with this letter lists 14 daily responsibilities in the left column. Blank lines are for you to list chores or behaviors specific to your child or your family. Numerical dates for the days of the month are listed across the top of the sheet. At the end of the day, look down the list with your child and check off the responsibilities that he or she completed that day. We ask that parents be the official scorekeepers, but you can certainly let your martial arts student put the check marks (or smiley faces, or gold stars, etc..) in the appropriate boxes. **If your child performs at least 7 of the recommended behaviors in any one day, then a score of ONE point should be marked at the bottom of the column for that day.** At the end of the month, add up the points across the bottom of the page (maximum possible: 31), sign the sheet, and have your child return it to the school. He or she will be given a new sheet for the next month, along with congratulations and maybe a reward from the Instructor.

Awards will be presented as follows: 30 points receives a gold star on the spot. Any student with 5 gold stars (150 points) receives a medal at the next testing or special event. Anyone with 12 gold stars (360 points) receives a trophy at the next testing or special event. Anyone with 24 gold stars (720 points) receives an outstanding student uniform with a special patch at the next testing or special event.

Youngsters thrive on the appreciation and approval that they receive for their good behavior. It has been shown that training systems of this type enhance the development of responsibility, capability, cooperation, helpfulness, and, therefore, increased self-esteem. Greater self-esteem leads to better behavior, in an ever-increasing cycle of self-improvement.

We hope that you will encourage your child's regular participation in this program. Each award presentation should be a very special time for our children, and for you, the proud parents.