

# TAE KWON DO AMERICA

## To Do List

Ages 6-10



**Parents:** This list is a belt requirement. The completed list is expected to be turned in on the first class of each week. Its intent is to help your child develop black belt excellence in all areas of life. As a parent, it's important to use this list to monitor your child's outstanding accomplishments outside of this martial arts school. We believe that this is an important aspect of martial arts training for children.

Mon.    Tues.    Wed.    Thu.    Fri.    Sat.    Sun.

### Clean Room

Make my bed

Put personal belongings away

Put dirty clothes in laundry

### Self-Care

Brush teeth & hair

Take a bath

Eat to win

### School

Complete homework on time

Use black belt effort in class

Have black belt respect for teachers & friends

### Family

Complete assigned chores

Have black belt respect for entire family

Help with younger brother or sister

### Self-Development

Practice martial arts 15 minutes

Set a short-term, worthwhile goal