

Piscataway Martial Arts Student Daily Checklist Name: \_\_\_\_\_ Month & Year : \_\_\_\_\_

Rank (circle one): White 1Y 2Y 3Y Yellow Belt 1P 2P 3P Purple 1B 2B 3B Blue Belt 1G 2G 3G Green Belt 1B 2B Brown

Martial Arts is not just about kicking and punching. The lessons learned in class include responsibility, obedience, and respect. Students must apply these lessons outside the dojo in order to become a better person, as well as being a better martial arts student. Please complete the following chart DAILY by placing a “check-mark”, indicating that you have successfully completed the task. This checklist is part of the requirements in order to be invited for the next rank promotion test. If you already do all these things and more, then you should not have any worries about completing the chart every month.

Task	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
Daily Routine See List Below																															
Be Respectful At All Times																															
Help with Chores At Home																															
Do Your School Work																															
Saying Please And Thank You																															
Push Ups / Sit Ups, etc																															
Stances, Blocks, Strikes, etc																															

Daily Routine includes, but not limited to : 1). Keep your room Neat and Clean; Clothes are in drawers or laundry basket, not on the floor; Toys, books, etc are put away when done being used; Bed is neat / tidy and “made”; Get yourself dressed quickly once you awake 2). Be considerate of others at all times; Help bring groceries into the house after shopping; Take out the garbage; Help tidy up the kitchen 3). Eat meals using proper etiquette; 4). At bedtime, do your bedtime routine and go to sleep without getting distracted and delaying; 5). Be responsible for being ready for your own activities such as School, Homework, Sports Practice, Music Practice, etc; be ready with all your gear and be ready to go to the car once mom or dad says they’re ready to go!; 5). Do your homework without having to be reminded or prodded.

Students, this is your commitment to do your part as part of a family, as part of a community. We’ve said in class that you must do something to improve yourself everyday, and by doing so, you affect the lives of people around you. This daily/weekly/monthly tracking log is one of the criteria for being eligible to be invited to the next rank test promotion. This must be submitted at the last class of every month in order for you to earn your “credit” for the month.

Mom and Dad, this chart is your child’s daily progress tracking. Please print one for every month. This is their commitment to you that they will do their part as a member of the family and the community. This chart will clearly show on a daily basis if they are doing their part. If they do not adhere to their commitment as agreed to with you, then they should not be eligible to participate in promotion for rank testing at the next test opportunity. Please place your signature and date at the bottom of this page, at the end of the month, and circle either “Yes” or “NO” to indicate if your child has done their part for the month. **Yes / No** \_\_\_\_\_