



Chamberlain Studios of Self Defense™

How the 3-Steps to a Great Kid™ program works



1. The goal of the **3-Steps to a Great Kid™** program is to bring the character development benefits of training in the martial arts, off the mat, and into your home, your school and our community. This is an interactive program that requires your parental involvement and participation.
2. The **3-Steps** are firstly, the tasks worksheet, second, the study of character virtues and thirdly the discussion of child safety topics.
3. Each Tasks Worksheet is for one calendar month, or you may use the weekly magnetic responsibility chart available from the pro shop
4. The *minimum* requirement of tasks for your child is one per belt level (example: white is 1, white w/ stripe is 2, etc.). We recommend you start with something they are already doing and reinforce that before adding any new tasks.
5. **Character Virtues** and **Safety Topics** should be discussed together by the family, they are available in the **members** section on our website.
6. The **Martial Arts** techniques are not to be practiced at home without explicit parental permission.
7. All children ages 4-6 are checked on their new technique, character virtue and safety topic during the first week of each month. At this time they are given a black stripe on their belt, or a new belt in lieu of 5th stripe. This is Calendar based testing and your child needs to be there for their stripe or new belt during the first week of the month. If you are not around during this week, we will be doing it all again the next month!
8. Parents are welcome to view classes anytime. However, to prevent a constant distraction for the children, we recommend attending class on striping week to watch and support your child, and join us for Parent's day workout on the last Saturday of each month!
9. Please turn off your cell phones and keep other children with you while watching. If you are not there to watch, please feel comfortable sitting by the pond or grabbing a quick drink at the local coffee shop. Your children will be sitting on the Bleachers when class is over.

Do Chores Promote Academic Achievement? Yes!

A U.S. Department of Education report, *Education and the Family*, contrasted the family activities of youngsters with high and low academic achievement. The study found that the high-scoring students had regular chores and homework schedules and that their parents regularly involved them in conversations, games, singing and other activities. The low-performing students had few home responsibilities, little parental supervision and little time in which they interacted with their families.

MONTH	CHARACTER TRAIT	SAFETY TOPIC	MARTIAL ARTS
January	Respect	Ouch! These things hurt	Rear Choke Defense
February	Responsibility	The Buddy System	Evading the Storm
March	Character-doing what is right	Home Alone Safety	Battering Ram
April	Etiquette-polite and well mannered	Bicycle Safety	Sword of Destruction
May	Leadership-setting a good example and helping others	Summer Safety	Elusive Praying Mantis
June	Effort-hard work	Internet Safety	Conquering Shield
July	Teamwork-working together, taking turns, sharing	Stay Away From Strangers	Overhead Club 1
August	Sincerity-being honest and truthful	School Safety	Knee of Vengeance
September	Perseverance-sticking with it until it is done	Bully Self Defense	Retreating Butterfly
October	Self Control-controlling your emotions and behavior	Halloween Safety	Blocking Form 2
November	Diversity-I'm OK, you're OK	Always Ask First	Fang of the Cobra
December	Listening to Others-look, listen, and remember	Who am I?	Side Club 1

CSSD STUDENT CREED

**“I pledge, as a Kenpo Black Belt,
to use my skills and knowledge,
only for what is right,
and to make the principles of
effort, etiquette, sincerity, character,
and self-control
a part of my daily life.”™**