



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, secondly, the study of character virtues and thirdly the discussion of child safety topics.
3. Each Tasks Worksheet is for one month. This is a tool and can be used in many ways. You may choose to mark chores off daily, weekly or monthly, just get 'em done!
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. Remember, this is a tool, don't make it a nightmare for your kids. Figure out how best to make chores a part of your children's daily life, it will pay off in big dividends as the years go by, for all concerned!
5. **Character Virtues and Safety Topics** should be discussed together by the family, they are available in the **Members** section on our website, email us if you lose the password.
6. The **Martial Arts** techniques are not to be practiced at home without explicit parental permission.
7. All children ages 7 and up are checked on their new material, character virtue and safety topic during the first week of each month. At this time they are given a black stripe on their belt, for calendar time, and based on skill and knowledge, a colored proficiency stripe for their new material. This is Proficiency based testing and your child needs to be there for their stripe during the first week of the month. If you are not around during this week, don't worry, we will be doing it all again the next month! When your child has all their colored stripes (see the curriculum on the website) they are eligible to test for their next belt. They must bring home the "Belt Test Request Form" which is to be completed by a parent and their home room teacher at school. If all adults involved feel that your child is ready to test, then they are invited to attend the belt test held at the headquarters school on the last Friday of the month. More testing information is available from instructors, the website: www.DallasKenpo.com and at the headquarters dojo.
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, for their promotional testing and of course, 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. Please sit and watch quietly, read a book, or take advantage of our wireless internet connection, etc. 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	Kata
February	Responsibility	The Buddy System	Punch Defenses
March	Character-doing what is right	Home Alone Safety	Grab Defenses
April	Etiquette-polite and well mannered	Bicycle Safety	Weapon Defenses
May	Leadership-setting a good example and helping others	Summer Safety	Kata
June	Effort-hard work	Internet Safety	Punch Defenses
July	Teamwork-working together, taking turns, sharing	Stay Away From Strangers	Grab Defenses
August	Sincerity-being honest and truthful	School Safety	Weapon Defenses
September	Perseverance-sticking with it until it is done	Bully Self Defense	Kata
October	Self Control-controlling your emotions and behavior	Halloween Safety	Punch Defenses
November	Diversity-I'm OK, you're OK	Always Ask First	Grab Defenses
December	Listening to Others-look, listen, and remember	Who am I?	Weapon Defenses

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.”™**

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