

Chamberlain Studios of Self Defense™

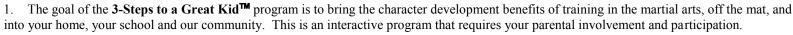
3 Steps to a Great Kid™ Chores Worksheet Ages 7-12



The Martial Arts Character Development Program

Student:		www.DallasKenpo.com										214-351-5367								SELF DEFENS									
		WEEK 1							WEEK 2					WEEK 3						WEEK 4					WEEK 5				
Month:		T	W	ТН	F	s	M	T	W	TH	F	s	M	T	W	TH	F	S	M	T	W	TH	F	S	M	T	w	ТН	F S
RESPONSIBILITIES																													
Make my bed																													
Hang up clothes																													
Put things away																													
(Parent's Choice)																													
HYGEINE																													
Brush Teeth																													
Put dirty clothes in the hamper																													
Lay out school clothes																													
(Parent's Choice)																													
ACADEMICS																													
Complete homework promptly																													
Did I take pride in my lessons and work today?																													
Did I treat classmates and teachers with respect?																													
(Parent's Choice)																													
FAMILY AND FREINDS																													
Remember to say please and thank you!																													
Did I treat family and friends with courtesy and respect?																													
Look at, listen and remember what people say																													
(Your Choice)																													
MARTIAL ARTS																													
Keep uniform and Belt folded and/or hung up																													
Practiced Gasan Ryu Kenpo Karate 15 minutes a day																													
(Your Choice)																													
Dr. Nick Chamberlain, and amberlain Studios™, 1981-2012. Lay for students of CSSD to produce for personal use only.	Virtue	: _						-		Sa	afe	ty	To	pi	c:_								_			HAMBERLA		Ken) of self defer	

Chamberlain Studios of Self Defense™ How the 3-Steps to a Great Kid™ program works



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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