



STUDENT'S NAME

As Martial Artists, we train our physical as well as our mental areas to stay balanced on our path to Black Belt and beyond. The first stripe we have to earn every new testing cycle is a black stripe for demonstrating our positive mindset.

ADULT STUDENTS

We ask our adult students (13 and up) to write down three goals that they would like to achieve within the testing cycle:

1. _____
2. _____
3. _____

JUNIOR STUDENTS

The ATA integrated positive, every day behavior skills -Life Skills -in their curriculum. Every month we focus on one in particular. Please help your child to achieve their development stripe by telling us how they have demonstrated positive behavior outside the Taekwondo School.

January	Goals in the Martial Arts	July	Goals for your Relationships
February	Courtesy	August	Perseverance
March	Loyalty	September	Honor
April	Goals for your Education	October	Goals in the Community
May	Respect	November	Self Control
June	Attitude (Spirit)	December	Integrity

Good Luck on YOUR Journey to Black Belt Excellence!

Shuman's ATA Martial Arts Instructor Team