

# BLACK BELT ATTITUDE CHECK

*Practical Martial Arts is intending to promote*

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We believe strongly that our students' behavior at home and school should be equally as fantastic as the behavior they exhibit inside our martial art academy. We use the phrase "Black Belt Attitude" to describe an individual's commitment to doing their best in all the different areas and relationships of their lives.

**Please circle the words below that describe this student in the past 4 months.** If they need more time to exhibit most of these qualities most of the time, we'll be happy to wait to award their belt when they are ready.

**RESPECTFUL • ON TASK • KIND  
POLITE • RESPONSIBLE • COOPERATIVE  
DISCIPLINED • BEST EFFORT**

*comments:*

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**PARENT SIGNATURE & DATE**

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**SCHOOL TEACHER SIGNATURE & DATE**



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**Student:** Ask your parent and teacher to sign this form and turn it in with your Altruistic Acts in order to be promoted.