



# WHITE TIGER TAEKWONDO HOME REPORT CARD-4<sup>TH</sup>

Parents, please circle the grade applicable on this form and return with testing application. Use the scale: A=Excellent, B=Good, C=Average, D=Poor (see office), E=Unacceptable (see office). Students are expected to make improvements on home report cards as their rank increases. Some listings have modifications to be age specific. Use the blank spaces to fill in specific chores at home.

# SELF-CONTROL

Limit eating of junk food.....	A	B	C	D	E
Don't blame others for your mistakes .....	A	B	C	D	E
Gracious to opponent in competition whether you win or lose.....	A	B	C	D	E
Walk away to cool off if my brother or sister/friend makes you angry.....	A	B	C	D	E
Don't lose temper if you don't catch onto something right away .....	A	B	C	D	E
Try not to yell when upset.....	A	B	C	D	E
Stop and think before acting.....	A	B	C	D	E
Practice forms with best effort even when no one is watching .....	A	B	C	D	E
<u>Walk</u> to the water fountain at the end of class, even though you are thirsty.....	A	B	C	D	E

**SELF-DISCIPLINE**

(this means completing a chore without having being TOLD to do it.)

Pick up my clothes, put away my things, make/get into bed by myself .....	A	B	C	D	E
Complete homework.....	A	B	C	D	E
Practice <i>poom-say</i> when not in class .....	A	B	C	D	E
Taking care of uniform: washing/folding/packing.....	A	B	C	D	E
Brush teeth/take bath/keep nails trimmed/hair neat .....	A	B	C	D	E
_____.....	A	B	C	D	E
_____.....	A	B	C	D	E

**RESPECT**

Listen to and respect parents/grandparents/teachers .....	A	B	C	D	E
Share with brothers and sisters/friends .....	A	B	C	D	E
Honesty to parents.....	A	B	C	D	E
_____.....	A	B	C	D	E

