

Student Name: _____

Date: _____

IMPACT

Jiu Jitsu

Cubs' Club

Parents: This "To Do List" is a belt requirement. The completed list is expected to be turned in on the first class of each week. Two sheets each month are required for each belt progression. Its intent is to help your child develop Black Belt Excellence in all areas of life. As a parent, it is important to review and complete this list with your child to recognize your child's outstanding accomplishments outside of this martial arts school. We believe that this is an important aspect of martial arts training for children.

Approximate Ages from 4-8

To Do List

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Clean Room							
Make my bed							
Put personal belongings away							
Put dirty clothes in laundry							
Self Care							
Brush teeth and hair							
Take bath/shower							
Eat to win							
School							
Complete homework on time							
Use black belt effort in class							
Show respect to teachers and friends							
Family							
Complete assigned chores							
Do what parents ask the first time							
Have a positive attitude at home							
Help with siblings and/or pets							
Self Development							
Practice Jiu Jitsu 15 minutes							
Read for 15 minutes							