

Acts of Confidence Sheet



WRITE DOWN SOMETHING YOU DID THAT DEMONSTRATES YOUR GROWING CONFIDENCE. EXAMPLE-SPEAKING IN FRONT OF A GROUP, STANDING UP FOR SOMEONE WHO NEEDS HELP, LOOKING IN THE EYES WHEN TALKING, TAKING RESPONSIBILITY, BEING A GREAT EXAMPLE, ETC. BRING THIS TO CLASS WHEN YOU HAVE 10 LINES FILLED SO YOUR INSTRUCTOR CAN CHECK IT. WHEN YOU HAVE COMPLETED 30 LINES YOU ARE ONE STEP CLOSER TO YOUR NEXT BELT,

Student Name: _____

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Parent Signature: _____ **Date:** _____

Instructor Signature: _____ **Date:** _____

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Parent Signature: _____ **Date:** _____

Instructor Signature: _____ **Date:** _____

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Parent Signature: _____ **Date:** _____

Instructor Signature: _____ **Date:** _____



Kenpo Karate Challenge Card



SKU: 348440

Power Stripes (Phrases) ·

Week 1 Challenge: _____

Week 2 Challenge: _____

Week 3 Challenge: _____

Week 4 Challenge: _____

Student Name: _____

Parent Signature: _____ Date: _____

Students, these are the weekly online Challenges we will be having until we are able resume regular class. Any student who completes ALL of their challenges will earn the Self Discipline Stripe! This Stripe is equal to 10 Red, white and blue stripes, or equal to 2 of the Great Effort Stripes! This is your Chance to step up at home or with your academics or anything. Parents when you sign this card for them you are agreeing that you witnessed your child(ren) completing these Challenges.

These Challenges are all about getting better, getting closer to all our goals, showing that we have a Black Belt Attitude. Each challenge that you are assigned should be different from the previous Challenge.

Helpful resources:

centralcoastkarate.com -You can print the regular homework cards Job List, Self Disc. Book Club card. Look under resources tab.

Like us **on Facebook**: "Central Coast Kenpo Karate" or "Central Coast Kenpo Karate Los Osos" Every Monday and Wednesday we do Live Classes at 3pm, 4pm and 5pm Join our Private Group page on Facebook: "Banda's Kenpo / CCKK" Mr.Banda will teach live on this page every Monday at 2pm, and Mr,Perez will teach every Thursday live at 5pm. If you participate in any of these classes be sure to let us know so they get class credit.

Download the FREE App: ZOOM, then schedule private classes with Mrs.Perez
805-668-0328