

Full Name:



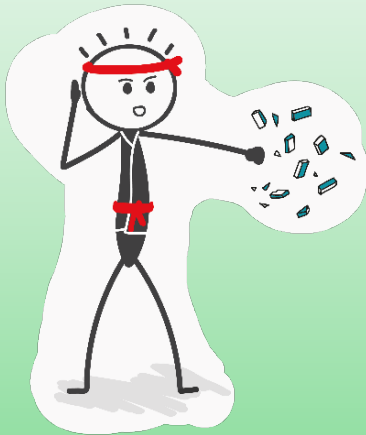
WEEK 9

Kindness and Respect

Inhouse Tournament

Be a Winner: Respect Yourself and Respect Others

Whether you win or lose, always tell the other competitors, "Great job!"



THE WINNER'S GAME PLAN

1. BEFORE: Practice until you can't get it wrong!
2. DURING: Do your best and have fun.
3. AFTER: Tell the other competitors, Great Job!

To earn your Red Success Stripe

One. Practice your "Kindness and Respect" kata at home.

Two. During the inhouse tournament, do your best and have fun.

Three. Tell the other competitors, Great Job!

PARENT/CARER FEEDBACK - Tell us how your child went with their Red Stripe tasks:



FOCUS CLAP

Whenever I say, "Focus Clap," I want you to stop, look and listen and then when I say a number you do that many claps. Focus clap! One! Focus Clap! Two!

CRISS CROSS

"Criss Cross!" - Students reply, "Karate Sox!" and sit down with their legs crossed. They are now ready to listen!

When I say legs, you say crossed! Legs! Crossed!

When I say back, you say straight! Back! Straight!

When I say hands, you say on the knees! Hands! On the knees!

When we bow, what does that mean? **Kindness and Respect.**

INHOUSE TOURNAMENT: **Respect Yourself and Respect Others.**

How do you respect yourself when you compete in a tournament?

You practice. You do your best. You have fun.

How do you respect others when you compete in a tournament?

You tell the other competitors, "Good Job!"

TO EARN YOUR RED SUCCESS STRIPE:

Follow the Winner's Game Plan!

Number one, **BEFORE** the Inhouse Tournament, practice every day until you can't get it wrong!

Number two, **DURING** the inhouse tournament, do your best and have fun. And

Number three, **AFTER** you finish, tell the other competitors, "Great Job!"

Ask your parents to write a short note to let us know how you did.

AWARD RED STRIPES

Give yourself 3 claps! - WARMUP!

