

Full Name:

WEEK 10

Do my best
to pass
my test

Circle YOUR coloured belt goal below.



What's our quest? To be our best!

Do our best! To pass our test!

To earn your Red Success Stripe

Tell Mum or Dad your coloured belt goal and practice the 3 steps at home to be your best at your Kindness and Respect Kata.

1. Stand Tall!
2. Look straight ahead!
3. Do your best!

PARENT/CARER FEEDBACK - How did your child do this week?



- WEEK 10 -

WHAT'S OUR QUEST?

When I say, "What's Our Quest?", You say, "To Be Our Best!" "What's Our Quest?" Students reply, "To Be Our Best!"

When I say, "Do Our Best", You say, "To Pass our Test!" "Do Our Best" Students reply, "To Pass Our Test!"

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.**

DO MY BEST TO PASS MY TEST

Today we are going to talk about "Do my best to pass my test."

What is your next coloured belt?

How can we do our best to pass our test for our next coloured belt?

Repeat after me,

One, Stand tall. Two, look straight ahead. Three, do my best!

TO EARN YOUR RED SUCCESS STRIPE:

Tell Mum or Dad your coloured belt goal and practice the 3 steps at home to be your best at your Kindness and Respect Kata.

1. Stand Tall!
2. Look straight ahead!
3. Do your best!

Let's practice, Ready? Go!

AWARD RED STRIPES

Give yourself a pat on the back! - WARMUP!

