




Families,

Our martial arts school stresses the values of discipline and self-control, not only in the dojo, but through all aspects of our students' lives. We work to develop well rounded students throughout the community. If our students are not meeting our standards both inside and outside the dojo, the current promotion will be withheld until they have a satisfactory report.

Our student \_\_\_\_\_ is intending to promote to their next level. As instructors we would like to know your perception of their training.

I look forward to your feedback,

*Herbert E. Blue* 

Sensei Blue  
Chief Instructor  
Total Self Defense

**For the Student:**

I have been listening at home and school, with the intent to understand. \_\_\_\_\_ (Initial)

I have been respectful to my peers and elders. \_\_\_\_\_ (Initial)

I am still working on \_\_\_\_\_

My favorite thing to do in class is \_\_\_\_\_

\_\_\_\_\_  
Student Signature

**For the Parent/Guardian:**

	Always	Sometimes	Never
My child has been respectful at home.			
My child is helpful and does chores/takes care of responsibilities at home.			
My child listens and follows instructions.			

In what way has martial arts benefitted your child:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My child has taken initiative around the home to:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Parent Signature



**Please complete this section for your teacher:**

Name of School \_\_\_\_\_

Type of School (circle one) Preschool, Elementary School, Middle School, High School, Home School

Name of Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_

**For the Teacher:**

We value the perspective of other instructors. We want our student to have the best chances for success. Please complete the following to help us continue to improve our student.

	Always	Sometimes	Never
Our student listens and follows instructions.			
Our student is helpful with other students in class.			
Our student is a positive influence on my class			
Our student is completing their homework appropriate to their level.			
Our student is turning in homework on time.			

I would like to see my student improve in the following areas or they have improved on:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Teacher Signature

**Classroom Topics:**

- ABC's of Conflict Avoidance - Teaches the strategies to avoid potentially dangerous situations, being calm, communicating with confidence, and get away
- 5 Rules of Personal Safety - Create safe habits, use your brain to be aware, how to talk to a bully, explaining what happened to an adult in charge
- Good Habits - Practical ways to develop self-discipline, responsibility and focus. Always taking responsibility for your actions and wherever you are..be there
- Qualities of a Black Belt - Top ten things that colleges and employers are looking for are all attributes of a Black Belt
- Self-Defense Skills - How to get away and be safe, three steps to self-defense and what to do after an altercation

Please complete the following information to be contacted for Classroom Talks:

Teacher Name \_\_\_\_\_ Grade \_\_\_\_\_

School \_\_\_\_\_ Classroom \_\_\_\_\_

Phone Number \_\_\_\_\_ Best time to Contact \_\_\_\_\_

Email Address \_\_\_\_\_