



Power of One Self-Defense Institute

3821 Long Beach Blvd. Long Beach, 90807

(562) 997-2987

Belt Promotion Home/School Evaluation

Dear Parent and Teacher,

Our main objective at **Power of One SDI** is to develop well-rounded students, not only at our school, but in society as well. Our school teaches the principles of Black Belt Excellence. Not only do students become Black Belts in martial arts, but they also strive to become academic Black Belts and eventually develop an attitude of constant achievement. We use Black Belt as a metaphor for personal excellence.

To promote our students' progress toward these goals, please complete the following information and return.

Student's Name _____

Belt Rank _____

Teacher

School Name _____ Grade _____

| | | <u>Low</u> | | | <u>High</u> | |
|-------------------------|--------------------------------|------------|---|---|-------------|---|
| Black Belt FOCUS | (Listening & paying attention) | 1 | 2 | 3 | 4 | 5 |
| Black Belt RESPECT | (Following Commands) | 1 | 2 | 3 | 4 | 5 |
| Black Belt EFFORT | (Working hard in class) | 1 | 2 | 3 | 4 | 5 |
| Black Belt LEADERSHIP | (Leading by example) | 1 | 2 | 3 | 4 | 5 |
| Black Belt HOMEWORK | (Completed & on time) | 1 | 2 | 3 | 4 | 5 |
| Black Belt ATTITUDE | (Positive thinking) | 1 | 2 | 3 | 4 | 5 |
| Black Belt SELF-CONTROL | (Discipline) | 1 | 2 | 3 | 4 | 5 |

Circle one. *I am / I am not* interested in having your martial arts school do a talk or demonstration for my class. A school talk is a free talk in your classroom that is twenty to thirty minutes in length. The students will have no physical contact with each other. You can also pick a theme for the school talk such as: Confidence, 3 Rules of Concentration, Stranger Danger or Bully Buster.

Phone Number _____ Convenient Time to Call _____

E-mail _____ Signature _____

Parent

| | | <u>Low</u> | | | <u>High</u> | |
|----------------------------|--|------------|---|---|-------------|---|
| Black Belt RESPECT | (To parents, siblings & self) | 1 | 2 | 3 | 4 | 5 |
| Black Belt CONFIDENCE | (Believing in themselves, trying new things) | 1 | 2 | 3 | 4 | 5 |
| Black Belt SELF-DISCIPLINE | (Doing chores, helping out) | 1 | 2 | 3 | 4 | 5 |
| Black Belt CLEANLINESS | (Room & hygiene) | 1 | 2 | 3 | 4 | 5 |
| Black Belt SELF-ESTEEM | (How they see themselves) | 1 | 2 | 3 | 4 | 5 |
| Black Belt NUTRITION | (Healthy Food Habits) | 1 | 2 | 3 | 4 | 5 |

I have questions or concerns. The most convenient time to reach me is: _____

Please call me. Yes _____ No _____

My child practices his/her martial arts at home. Yes _____ No _____

Parent's Signature _____ Date ____/____/____

If our students do not meet any of these qualifications, either at home, school or **Power of One SDI**, we will hold the student's promotion until there has been satisfactory improvement. If you have any direct feed back beyond the scope of this form, please feel free to write on a separate sheet of paper or call me directly: (562) 997-2987.

Thank you for your cooperation.

Sincerely,

(Tara VanDeusen), Program Director

Student

| | | <u>Low</u> | | | | <u>High</u> |
|----------------------------|---|------------|---|---|---|-------------|
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Student's Signature _____