USTA Martial Arts

Black Stripe Card *Home Chore*

Black Stripe is awarded for completing 8 chores in one day to receive 1 daily point. The purpose is to help build responsibility and discipline at home. The parents determine which chores the child should perform for credit. After the student completes 30total points requirements, have him/her turn in the filled out chore card to his/her instructor. (8chores = 1daily point)

Name _____ Days	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Cleaning Room (R*esponsibility)*																															
1. I put away all of my belongings																															
2. _____																															
3. _____																															
Self-Care (*Self-Confidence)*																															
1. I wash my hand before eat.																															
2. _____																															
3. _____																															
Study/Practice (*Character)*																															
1. I went to TKD class																															
2 _____																															
3. _____																															
Family Obligations (*Respect)*																															
1. I listened to my parents all day																															
2. _____																															
3. _____																															
Daily Point																															

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