

# SELF DEFENSE

## HABITS

### Teen and Adult Student Life Skills Packet

Creating safe  
habits to protect  
ourselves from  
ourselves and  
others

Defending ourselves  
from all enemies, both  
foreign AND domestic.  
(domestic is the sneaky  
one, cuz it's  
**OURSELVES!**)

Instructors will be discussing safe self defense habits  
in the classroom in "Mat Chats"

ALL students all required to complete Life Skills Training as part of a complete program that builds confidence, character and positive self-esteem.

# Silver Merit Stripe



SILVER STRIPE DUE THE WEEK OF  
Monday, April 27th

Grade yourself on the following: 1 worst -10 perfect

Locking the doors??

\_\_\_\_\_

seatbelts?

\_\_\_\_\_

Scanning a room to see who's there and what they're wearing?

\_\_\_\_\_

Leaving my drink unattended?

\_\_\_\_\_

Making sure I share my location?

\_\_\_\_\_

Keeping a weapon in my hand in public?

\_\_\_\_\_

Staying off my phone in public??

\_\_\_\_\_

Texting and driving?

\_\_\_\_\_

Drinking/using to excess?

\_\_\_\_\_

Healthy diet?

\_\_\_\_\_

Regular sleep?

\_\_\_\_\_

Regular exercise?

\_\_\_\_\_

Meditation/artistic outlet for stress?

\_\_\_\_\_

Describe any positive changes I made:

*I am improving my healthy habits at home (circle one)*    Excellent    Good    Fair    Needs Improvement

Signature \_\_\_\_\_ Date \_\_\_\_\_

Student's Name \_\_\_\_\_

# Bronze Merit Stripe



Students will earn a Bronze Merit Stripe on their belt for demonstrating the cycle's life skill and showing Black Belt effort. Thank you for taking time to help this person improve as a well-rounded martial artist and student!

**I am learning more about how to improve my healthy habits in my Martial Arts program. Please grade me on the following:**

**Student's Name** \_\_\_\_\_

Eating	Excellent	Good	Fair	Needs Improvement
Sleep	Excellent	Good	Fair	Needs Improvement
Exercise	Excellent	Good	Fair	Needs Improvement
Grades/work	Excellent	Good	Fair	Needs Improvement

Comments:

I have read the above and confirm the above named student is performing satisfactorily at maintaining a positive attitude at school or work

Signed \_\_\_\_\_ Date \_\_\_\_\_

**BRONZE STRIPE DUE THE WEEK OF Monday, April 27th**