



WORLD TRAINING CENTER

Dojo USA  
Student Information And  
Progress Folder

## **Character Development**

Character Training and Development is a system designed to have the positive character traits of training influence and become habit in the daily life of a student. Through “tasking” students with different character building exercises, the focus and persistence of training become lessons and skills applied outside the dojo.

**Through Character Training, dojo students learn the most important lesson– how martial arts training can apply to everyday life. If a student is great at punching and kicking and self-defense they are incomplete. The true aim of karate lies not in victory or defeat but in the perfection of character.**

For each 20 “Character Tasks” students are awarded and given special recognition in front of their class. THIS IS SO IMPORTANT TO THE DOJO USA CULTURE OF CHARACTER. When you complete a “tasked” sheet, LET US KNOW. YOUR EXAMPLE teaches more than our words ever will. A leader of character trains to have their actions BE their instruction.

It’s the power of our peer groups that helps us to define our potential and who we become.

### **Dojo Character Training Blocks of development:**

1. **Manners & Respect** – develops right attitude and respect for others.
2. **Healthy Eating** – teaches a way to develop self-control, health & focus.
3. **Self-Discipline** – develops practical ways to become a self-starter.
4. **AOK’s & “Golden Rule”** – emphasizes thoughtfulness beyond self.
5. **Reading Club** – develops the habit of lifelong learning and self-education.

The best way to anchor these positive character traits is in the home. When the above principles and disciplines are practiced at home, they become part of everyday life.

**“Character isn't built overnight, its built over time.”**

**“Your character is what stays behind, after you have left the room.”**



# Karate Homework Log

Practice at home for 20-30 minutes and you & a parent will initial and date one blank. You can add this log sheet to your student workbook and when you have 4 boxes completed you will be eligible for testing. ALL Completed Character sheets may be copied & emailed to: **info@dojousa.net**

Student Name: \_\_\_\_\_

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.

Parent Signature/Date: \_\_\_\_\_

Instructor Signature/Date: \_\_\_\_\_

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.

Parent Signature/Date: \_\_\_\_\_

Instructor Signature/Date: \_\_\_\_\_

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.

Parent Signature/Date: \_\_\_\_\_

Instructor Signature/Date: \_\_\_\_\_

# Use the 7 Success Words of Respect

And take a step towards Black Belt Excellence

## Parents!!!

This is your chance to support at home the skills your child is learning in class!!!  
Each time your child uses the 7 success words (in any combination) please sign this sheet!  
(You can speak respect anywhere you go: home, school, church, the store, etc.)

1. Yes Ma'am
2. No Ma'am
3. Yes Sir
4. No Sir
5. Please
6. Thank You
7. You're Welcome

Initial each square every time  
You hear a success word of respect!




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San Bruno  
(650) 589-9148  
[www.DOJOUNA.net](http://www.DOJOUNA.net)

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

Parent's Signature: \_\_\_\_\_

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# HEALTHY EATING

First Name \_\_\_\_\_ LAST NAME \_\_\_\_\_

Age \_\_\_\_\_ BELT COLOR \_\_\_\_\_

*Each time you choose healthy food over sugary snacks without being asked, write down what you chose to eat instead. Once you've filled ten healthy choices, turn in your sheet for a 1/2-way progress check towards character credit for testing eligibility. Eligibility for testing is one completed healthy eating sheet (20 healthy eating habits)*

1.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

2.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

3.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

4.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

5.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

6.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

7.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

8.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

9.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

10.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Date \_\_\_\_\_

11.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

12.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

13.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

14.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

15.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

16.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

17.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

18.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

19.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

20.I CHOSE: \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Date \_\_\_\_\_

If you want to receive your HEALTHY EATING AWARD at promotion, turn in 5 sheets fully completed on your TESTING DAY (not on Graduation day) You can only received ONE Healthy Eating Award per rank but you can receive UNLIMITED sheets for working your healthy eating habits!



# SELF DISCIPLINE SHEET

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First Name \_\_\_\_\_ LAST NAME \_\_\_\_\_

Age \_\_\_\_\_ BELT COLOR \_\_\_\_\_

*Each time you help out at home without being asked, write down how you helped out. Once you have helped out at home ten times (outside your regular chores), bring your sheet in for progress check, and show your fully completed sheet (20) to receive character credit for character stripes.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Date \_\_\_\_\_

11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Date \_\_\_\_\_

If you want to receive a SELF DISCIPLINE AWARD at Graduation, turn in this sheet fully completed on TESTING DAY (NOT Graduation Day) You can receive ONE Self Discipline Award per rank, but you can receive UNLIMITED stripes for helping at home

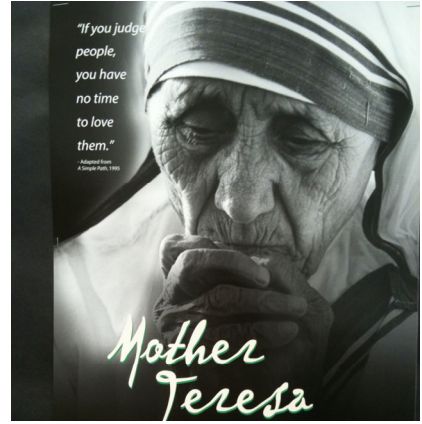
traffic - Refuse to gossip - Give a compliment - write a nice note to

Let someone go in  
Call someone to say hi  
Did a chore for someone  
Help someone carry something

a friend  
Make someone's day  
Invite a friend for dinner  
Picked up litter  
Open the door for someone



WORLD TRAINING CENTER  
Act of Kindness  
Character Development  
Program



### Acts of Kindness Chart

Write below the things you've done to follow the Golden Rule

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_



# Book Club



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*Read at home or have someone read to you for 20-30 minutes and have your parents or someone at home initial & date one mark for each day. Bring your card to class when you have 10 marks and you will receive a character stripe. Your parents or spouse may write any notes they wish on the back of this sheet.*

STUDENT NAME: \_\_\_\_\_

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_ 10. \_\_\_\_\_

Instructor Sign/Date: \_\_\_\_\_

Parent / Spouse Sign/Date: \_\_\_\_\_

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_ 10. \_\_\_\_\_

Instructor Sign/Date: \_\_\_\_\_

Parent / Spouse Sign/Date: \_\_\_\_\_

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_ 10. \_\_\_\_\_

Instructor Sign/Date: \_\_\_\_\_

Parent / Spouse Sign/Date: \_\_\_\_\_