

# PA SON MARTIAL ARTS AWARDS PROGRAM

Name\_\_\_\_\_ Age\_\_\_\_\_ Belt\_\_\_\_\_ Month\_\_\_\_\_

Daily Jobs for PSMA Students	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
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## My Room: Discipline

1. Make my Bed																															
2. Hang Up my Clothes																															
3. Put Away Personal Belongings																															

## Self Care: Self Confidence

1. Brush my Teeth																															
2. Take a Bath-Hang my Towel																															
3. Put Dirty Clothes in Laundry																															
4. Have my Uniform Cleaned																															

## Study/Practice: Self Esteem

1. Complete Homework																															
2. Basic Exercise-Stretching <b>ED</b>																															
3. Practice Techniques,Forms																															
4. Push-Ups before bed (5-10) <b>ED</b>																															

## Family : Respect & Love

1. Clean Up after Meal & Snacks																															
2. Take Out the Trash																															
3. Listen And Respect Parents																															
4. Share & be Cooperative with Brothers and Sisters																															

"Give Your Child The Gift Of Confidence."