

## **WHITE STRIPE**

### **Stripes from a Parents Perspective**

There is nothing more rewarding than seeing your son or daughter RUN out of class with a new stripe on their belt. The sense of accomplishment that they feel is something that cannot be explained.

Although they earned this new stripe it is also just as important to keep that stripe. As mentioned above, the reward of earning a new stripe comes the responsibility of retaining that stripe by remembering each and every pattern and/or technique from one belt to another.

**GOALS:** We are always trying to encourage our children to set goals. Taekwondo always has something to strive for. Within each and every belt level there are goals to learn the new techniques and thereby earn those 7 stripes per belt. And setting goals doesn't stop, not even once you hit a Black Belt!!

### **The Parent Stripe**

The White Stripe has typically been for those students that attended at least 23 classes in a training cycle. It shows a level of commitment on the student and the family. There are students and families within the Academy that are just as committed to excellence as those that attend 23 classes. With that in mind, I am changing the White Stripe requirements.

The student must be nominated by the parent to get the White Stripe. Parents give specific requirements to the child relating to the attitude they would like to see demonstrated. Parents will submit the completed application to the instructor for the award.

Parent Stripe can help to reinforce the value of the program and the importance of the Tenets of TaeKwonDo use outside the Academy.

## **Parent Stripe Form**

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

My child has completed his/her parent stripe by: \_\_\_\_\_

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Parent stripe needs to reflect the life skill that we have been working on in class with something your child needs to accomplish at home. This could be with homework, housework, respect, no whining, etc. This needs to be completed on or before the last day to register for testing.