

S.T.A.R.S.

Students Taking A Responsible Stand

The Student Creed

McCoy's Action Karate's Character Development Program

"I will develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health."

"I will develop self-discipline in order to bring out the best in myself and others."

"I will use common sense before self-defense and never be abusive or offensive."

This is a Black Belt School, we are dedicated, we are motivated, we are on a quest to be our best. Winners never quit, quitters never win, I choose to be a Winner!

Name something you can do to:

Develop a Postive Manner at Home or School: _____

Avoid something that would reduce your Mental Growth: _____

Circle the best answer about using common sense when it comes to self-defense.

1. WHICH IS AN APPROPRIATE PLACE TO USE MARTIAL ARTS?

- A. At School
- B. At Home
- C. At Church
- D. In Martial Arts class

2. WHEN SHOULD WE USE MARTIAL ARTS?

- A. If someone calls us a name
- B. When someone bumps into us
- C. If a stranger tries to harm and hurt us
- D. When brothers or sisters are bothering us or our friends.

3. IF SOMEONE REALLY MAKES US MAD WE SHOULD...

- A. Call them a really bad name
- B. Walk away and take a cool down
- C. Punch them square in the nose
- D. Talk bad about them behind their back

4. IF A STRANGER APPROACHES US WE SHOULD...

- A. Accept gifts from them
- B. Get in the car with them
- C. Keep our eyes on them and get away
- D. Flying side-kick them in the belly

5. WHEN WE GET GOOD AT MARTIAL ARTS WE SHOULD...

- A. Show everybody by beating up on people
- B. Practice self-control and save it for the Martial Arts classroom
- C. Punch or kick holes in the walls
- D. Play fight with our friends

6. IF A BULLY IS PICKING ON US WE SHOULD...

- A. Punch them before they can hurt us
- B. Put our fists up and make a warrior face
- C. Get in a guard stance and tell them to back off
- D. Get a group of friends to help you beat them up

Requirements for S.T.A.R.S & Stripe Test

- Responsible behavior at home.
- Responsible behavior at School.
- Return S.T.A.R.S. during Stripe Testing.

Student's Name: _____

Date STARS Completed: _____

Parent's Signature: _____

Please talk to my Child about: _____

New England's Best Karate School!

McCoy's Action Karate
a Great Location Near You
Auburn: 508.832.4110 Sturbridge: 508.347.7752
www.MActionKarate.com

This Month's Stripe Color is White, which reminds us of the white of lightning. Speed is one of the Foundation Stones of Martial Arts. This Month we are teaching, Start First, Reaction Speed and Plan Your Work.