

# SWMA Challenge Stars



**SHEPHERD-WARRIOR  
MARTIAL ARTS**



## **White Star**

The white star represents responsibility at home. It is earned when students bring in a completed Responsibility Chart. This chart includes things like practicing at home, cleaning their room, doing their homework, respecting their parents, etc. and can be earned every three months.



## **Orange Star**

The orange “Attendance” star is awarded to students who have perfect attendance (coming an average of twice a week) for an entire 3-month trimester. Make up classes can count toward this if you do them before the end of the trimester. Make sure you scan in to every class!



## **Purple Star**

The purple star represents academic achievement. It is earned for academic excellence and also for overall academic improvement. Students must bring in their current report card as well as the previous one to show where improvement has been made or to show that a 3.0 average has been maintained.



## **Green Star**

The “Fitness” star is awarded to the students who continue to increase their strength and endurance outside of the studio (push-ups, squats, sit-ups, etc.) as well as showing improvement in their Fantastic 50 fitness test scores. These are given out when a student turns in their completed Fitness Form.



## **Blue Star**

The blue star represents Shepherd-Warrior’s reading achievement award. It is earned by reading ten (10) age appropriate books and turning in the Reading Program Form. Your required reading books (for Warriors and Adults) *do count* for this program.



## **Brown Star**

The brown star represents SWMA’s recognition for service and spirit, both within our studio, and in the community as well. It is earned in different ways. Some examples are:

1. Participation in special school functions.
2. Referring a friend to join our school.
3. Bringing a buddy to one of our SWMA events.
4. Providing a service that helps your community  
(Turn in Community Service Project form)

# AFTER SCHOOL CHORE CHART

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

	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					
<b>MY ROOM – Responsibility</b>																																				
1. Make my bed																																				
2. Hang up my clothes																																				
3. Put away my belongings																																				
<b>SELF-CARE – Confidence</b>																																				
1. Brush my teeth																																				
2. Take bath or shower – hang towels																																				
3. Put dirty clothes in laundry																																				
<b>STUDY – Character</b>																																				
1. Completed all my homework																																				
2. Improved in at least one subject																																				
3. Keep a good attitude with my Teachers																																				
<b>PRACTICE – Self-discipline</b>																																				
1. Exercise – Stretching, Running, etc.																																				
2. Basic Strikes & Kicks and Katas																																				
3. Self-Defense Techniques																																				
<b>FAMILY – Love &amp; Respect</b>																																				
1. Clean up after meals and snacks																																				
2. Take out the Trash																																				
3. Listen to and Respect Parents																																				
4. Share and Cooperate with my siblings																																				
5. Always be willing to do your share																																				

Parents Signature \_\_\_\_\_



# SHEPHERD-WARRIOR MARTIAL ARTS

## ◆ FITNESS FORM ◆

The goal of this form is to help you increase your Strength and Endurance outside of your training at the studio. Each box equals 5 minutes of exercise. Check off each box as you complete each set of 5 minutes. On the strength side, each box is one 5-minute round doing as many sets as you can of 5 push-ups, 10 sit ups and 15 air squats. On the endurance side, you can choose from jump rope, running, burpees, bag work, etc. for 5 minutes. Completing every box on both sides give you 5 hours of exercise! Then turn this completed form in for a Green STAR!

Strength		Endurance		
Rounds = <u>Completed</u> sets of 5 push-ups, 10 situps, 15 squats <u>before the end</u> of 5 minutes Reps = Number of movements completed, short of a full round, at the expiration of time.		Each box counts for 5 min of Running/Jogging, Sprint Work, Jump Rope, Burpees, Box Jumps, Striking/Kicking on Bags, Non-stop Self-defense Moves, etc.		
Rounds + Reps	Rounds + Reps			
<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min
<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min
<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min
<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min
<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min
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<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min
<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min
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<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min
<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min
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<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min
<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min    ___ + ___	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min	<input type="checkbox"/> 5 min
		Start Date: _____		
		End Date: _____		

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

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



**SHEPHERD-WARRIOR  
MARTIAL ARTS**

KICK (Kids in Christian Karate) Reading Program

Read ten (10) books appropriate to your age and receive a Blue STAR!

STUDENT NAME \_\_\_\_\_ AGE \_\_\_\_\_

**BOOK**

**AUTHOR**

**DATE FINISHED**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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Parent's Signature & Date

Return this form to your instructor before or after class to receive your star!!!



***SHEPHERD-WARRIOR  
MARTIAL ARTS***

# Community Service Program

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

Date: \_\_\_\_\_

Project: \_\_\_\_\_

Location: \_\_\_\_\_

Organization: \_\_\_\_\_

Description: \_\_\_\_\_

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

Parent Signature	Date
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