



Broadway Family Karate

Personal Development Through the Martial Arts

March 21, 2020

Please let us know what resources from the list below you would find valuable when working with your karate skills at home.

Student Name: _____

Parent Name: _____

- 1) Weekly videos for you and your family to work together on your karate skills.
- 2) Video of our weekly assertiveness lessons from *Speak Up and Get Along* by Scott Cooper.
- 3) Video of our weekly discussion lessons on personal strengths – our current subject is Self-Control.
- 4) Supplementary written materials – worksheets, “word finds”, resources on the history and traditions of the martial arts.
- 5) Recommendations for selected training equipment suitable for home use that will ship directly to you at home at a discount.
- 6) Health and Nutrition information – what are the best fresh fruits and vegetables available to us every week, and how to use them.
- 7) My Great Idea – something you didn’t mention above that I and my family would find especially useful at present:

