



Middleburg Martial Arts  
2360 Blanding Blvd.  
Middleburg, FL 32068  
904-291-1335  
[MiddleburgMartialArts.com](http://MiddleburgMartialArts.com)

## **BUILDING GOOD CHARACTER (2)**

I am building good character by doing to following. (Check all boxes)

- I caught myself saying "Yes Sir/Ma'am" to my parents and teachers.
- I caught myself saying "Thank You", "You're Welcome" and "Please" more often.
- I caught myself cleaning my room without being asked to.
- I caught myself helping my parents without being asked.
- I caught myself being nice to someone I hardly knew.
- I caught myself doing homework without being told.
- I caught myself helping clear the dinner table or helping with the dishes.
- I caught myself telling my parents how much I appreciate what they do for me.
- I caught myself practicing my Tang Soo Do at least once a week at home.

---

Name

Parent Signature

Date

**Please complete each task two times.  
Once completed, return form back to Middleburg Martial Arts.**