

Stripe Testing at Primetime

After each belt test (or after joining the program) each martial arts student needs to complete a **stripe goal sheet**. The top half is for the studio to keep and the bottom half is for the student to keep so that they don't forget their goals. Filling out this form involves setting some specific goals to work on outside of the martial arts studio. Depending on the age of the student, parents should help their students think of these goals. The goal should be something that the student knows they are working on. When an instructor asks them "What is your stripe goal?" they should know the answer to this question. These goals can be anything that the student needs and/or wants to work on. It is an opportunity to reflect on what they are working on and what they need to improve. Some examples of goals include, but are not limited to, things like:

Practice piano 5 times a week.

Put my dirty clothes in the laundry.

Remember to use please and thank you.

Complete my homework right after school.

Be responsible for my own martial arts equipment.

Learn how to tie my shoes.

Eat all my veggies before having desert.

There are 3 spots on the form for goals. The intention is that 1 goal = 1 stripe per month. However, each family can run this how they like. If the student needs to work on one goal for 3 months and earns 3 stripes for that goal that is fine. Some goals take longer to master than others. It is also possible that a student finishes all 3 goals in 1 month. If that is the case simply get a new goal sheet from the front desk and start working on the next set of goals.

Once a month students will have the opportunity to stand up and say one of their stripe goals at the end of class. This is the period of time known as **Stripe Testing Week**. Student can present their stripe goal at any point during this week but they must be in full uniform to do so.* They will be asked if they have done enough to earn the stripe. If they earned the stripe a piece of tape will be placed on their belt.

Stripes are required for belt testing. Cubs require 1 stripe. All tigers and solid colored belts (orange through purple) must have 2 stripes on their belts to test. These students will be given 3 chances to do this so if a student misses 1 stripe it is not the end of the world. All blue belts and above must have a minimum of 5 stripes on their belt to test. They will be given 6 opportunities to do this. The only exception to this is white belts. White belts should talk to the instructors to see if they are ready to test (as they may have joined the studio in the middle of a belt testing cycle).

Some families take stripe testing very seriously and we encourage you to do this. Research shows that this type of reflection, goal setting, reflection, goal setting cycle is very powerful for children and adults. Getting the stripe for a hard earned goal can be very rewarding and educational. And on the flip side, not getting a stripe because of a failure to complete a goal can

be a very powerful learning experience too. Stripes can also be removed if necessary; once we earn a stripe we don't stop working on that goal. For stripe goals you get out of it what you put into it.

Thanks for reading! Happy stripe testing!

In summary:

1. After a belt test fill out a goal sheet. Turn in 1 copy of it and keep the other.
2. Work on your goals outside of class and be ready to report your progress during stripe testing week.
3. During stripe testing week wear full uniform on the day you plan to earn your stripe and remember to get a stripe.
4. When you complete all of your goals or get a new belt start the process over again.

* If a student knows they are going to miss all of the classes during stripe testing week they can setup an appointment BEFORE leaving to get their stripe.