

# Acts of Kindness for Your Red Stripe

To be returned to Taekwondo by \_\_\_/\_\_\_/\_\_\_

1	_____	White Belts
2	_____	Need to do
3	_____	15
4	_____	Yellow Belts
5	_____	Need to do
6	_____	15
7	_____	Green Belts
8	_____	Need to do
9	_____	20
10	_____	Blue Belts
11	_____	Need to do
12	_____	25
13	_____	Red Belts
14	_____	Need to do
15	_____	30
16	_____	Poome belts
17	_____	Need to do
18	_____	35
19	_____	
20	_____	

Use this form to list your Acts of Kindness. An AoK can be something as small as a smile, a hello, a hug or holding a door open, it could be; you getting your chores done without being told, it could be any act that makes another person happier, or their day easier. Something that shows kindness, courtesy, or respect.

This stripe is as important as any other stripe on your belt, the date on the top of this form is to help you complete this task in a timely, respectful manner

For each day this form is late 1/2 of a stripe will be taken from your other stripes