



Co-funded by the  
Erasmus+ Programme  
of the European Union

Project 622351-EPP-1-2020-1-BG-SPO-SCP  
Be Value Reload



# A BONUS SYSTEM FOR GENERATION Z

A Book of Challenges for Athletes  
and Their Parents





Co-funded by the  
Erasmus+ Programme  
of the European Union



**Dear athletes,**

You are holding in your hands the competition book of the Be Value Reload project. All youths aged 12 to 17 can participate in it.

Each activity gives you points by which you earn degrees for the mind. To win, you must fulfil the challenges and tasks and apply the Five Principles of Taekwon-Do - Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit in and outside the sports hall.

This book will also help you get along better with your parents, learn new things about yourselves and them, discover lots of new entertainment with your teammates and families.

We wish you success!

**What is the Be Value Reload Project?**

- ✓ The Be Value Reload project encourages your participation in Taekwon-Do and sport in order for you to be healthier, happier and more successful.
- ✓ Sports clubs and organizations from 5 countries participate in it – Bulgaria, Greece, Romania, North Macedonia and Slovenia.
- ✓ The project will establish a strong network of ambassadors for popularisation of Taekwon-Do and the values of our martial art among youths aged 12-17 years as well as of sport values in general.
- ✓ The project also stimulates physical activity, advancement in Taekwon-Do and teaches you how to deal with the challenges associated with these.

**What Will We Do under the Project?**

- ✓ The book under the Be Value Reload project will give you challenges and tasks daily, weekly and for the whole project period. For fulfilling each of them, you will receive points.
- ✓ You will have access to a mobile application where you will find live video communication for online trainings, a library where the coaches will upload self-training information, as well as a space where you can upload videos with fulfilled challenges given to you by the coaches.
- ✓ You will be able to exchange experience if you are among the youths selected for participation with your peers in a big sports event in August, 2022 at the Bulgarian Black Sea which will be attended by 260 participants aged 12-17 years.

**Tips and Tricks How You Can Earn More Points**

- ✓ Work on the book every day and fulfil the challenges and tasks in it
- ✓ Look for help from your coach and your parents when something is unclear or difficult for you
- ✓ Speak more to your parents – ask them questions, suggest them how you can have fun together, tell them what you liked about the sports practices. Challenge yourself and them to talk

**FIRST NAME:** .....

**SURNAME:** .....

**DATE OF BIRTH:** .....

**SPORTS HALL:** .....

**CITY/TOWN:** .....

**COACH:** .....



**Disclaimer:** The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the  
Erasmus+ Programme  
of the European Union



about more things, not just about “How was school today?”

- ✓ Show your parents you have already grown up by doing something for your family every day – for example, help in the household chores, learn how to wash your training clothes by yourself, etc.
- ✓ Be more independent every day – wake up with your phone alarm, be responsible for your schedule, for your training clothes, etc.
- ✓ Challenge yourself, your teammates and your family to discover more entertainment outside the Internet
- ✓ Practice regularly and observe the principles of Taekwon-Do and other sports.

We wish you success!

#### Dear parents,

This book is a result of preliminarily conducted research on the values, the Internet use and relationships between the parents and their generation Z children aged 12-17 years practicing Taekwon-Do. It will help you strengthen your relationships with your children, develop their emotional intelligence, autonomy and moral values, assist them to form their identity and discover their professional calling. These activities are feasible with deep communication and activities you do together with your children outside the Internet. And last, but not least, your like-minded people are the Taekwon-Do coaches who enhance physical activity strengthening physical health and mental well-being of the training children.

### Project Objective

Enhancement of participation in sport and physical activities in adolescents from the generation Z aged 12-17 by following the EU Council Recommendation on Promoting Health-Enhancing Physical Activity (HEPA) and EU Physical Activity Guidelines.

### Specific Objectives (SO)

**SO 1:** Creation of an innovative multidimensional partnership approach aimed at attracting to sport the youths from the generation Z aged 12-17 in the context of the EU policy on health-enhancing physical activity.

**SO 2:** Establishment of a European network of ambassadors for popularisation of Taekwon-Do among the youth as a beneficial form of health-enhancing physical activity - the project will establish a strong European network for popularisation of Taekwon-Do and its values among youth. It will also foster synergy with and between local, regional, national and international policies to promote sport and physical activity and to address sport related challenges.

### Innovative Results

The Be Value Reload project bonus system will allow the generation Z youth aged 12-17 to be assessed every time they demonstrate key characteristics in Taekwon-Do – for example, respect, responsibility, self-control, mutual help and thus they will increase the frequency of their physical activity and improve the results of their performance.

The ICT Multiplatform Application for innovative use of digital technologies in sport and HEPA. It will be in compliance with the specifics of the lifestyle of the generation Z youth. It offers live video communication for online trainings and a library where the coaches upload information about the participants' progress and monitor them in real time. Through the application, parents will work with their children to acquire a sustainable culture of physical activity.

Two long-term interactive trainings will be developed and conducted for Generation Z adolescents aged 12 to 17 years.

At the end of the project a multiplier sports event for 260 participants will be held which will celebrate the achievements of the project and promote the HEPA.

### Partners

Central Police Taekwon-Do Club – Bulgaria - Coordinator  
Private Professional Sports College – Bulgaria  
Taekwon-Do Club AHAC – Slovenia  
Sport club A.C. Aristotelis - Greece  
Romanian Taekwon-do ITF Federation  
The Goce Delčev University of Štip - North Macedonia

The project supports improvement of the relationship of the generation Z youths aged 12-17 and their parents through practicing of Taekwon-Do and by applying the EU HEPA policy and the related benefits for health and lifestyle.



Co-funded by the Erasmus+ Programme of the European Union



## What Can Parents Work on?

# 01

## PROFESSIONAL ORIENTATION

**What we build on:** Parents devote time for conversations with their children about what is good and bad, moral and immoral, as well as about the important values of every person and encourage them to display good manners. They teach them to be tolerant and to respect other people, regardless of their differences.

**What do we have to improve?** It is recommended to point out to them the everyday situations and values that are important; to draw their attention to the values that are respected in our society in the modern world, emphasizing good and bad behavior, manners and values.

**What we build on:** It is important to discuss with children the benefits and importance of good education and upbringing and to support them in trying new and different things.

**What do we have to improve?** Parents have to discuss with their children their interests concerning future job and profession, how they fit in their engagement with sport, the positive and negative aspects of various professions and real-life examples told by parents, relatives and coaches, etc

# 02

## MORAL DEVELOPMENT

**What we build on:** Parents support their children by giving them guidance on how to deal with various life situations. They encourage children to express their emotions in socially acceptable ways. They teach them how to behave in situations in which one person wins and the other person loses and how to learn from other people.

**What do we have to improve?** Parents should be role models for their children. Your behavior, reactions and personal example are more important than your words and advice. Parental example is essential in development of emotional intelligence.

# 03

## EMOTIONAL INTELLIGENCE

# 04

## AUTONOMY

**What we build on:** The generation Z are in a turbulent period of their lives and are facing a number of changes: physical, social, emotional and psychological. They are searching for their own identity and asking: "Who am I?", "Where do I belong?", "What do I want to achieve?", "What am I and what do I want to be?"

**What do we have to improve?** Encourage a warm and close relationship with your children, one filled with understanding, encouragement and respect, providing help, support and advice when they ask for it or when you as a parent notice they need it.

**What we build on:** The generation Z youth are already quite independent and have basic life skills for self-care, hygiene, household chores like cleaning and tidying up. Parents praise and support their children's efforts.

**What do we have to improve?** There are slight differences in parents' and children's perceptions of engagement with household chores. The generation Z teenagers need to help more in the household, have their own responsibilities in the family, be encouraged to organize their own time, etc. and along with these they should be praised and encouraged when they succeed.

Children value their independence to a higher degree. An emphasis should be placed more on what they can do and want and less on what they should and are expected to do.

# 05

## IDENTITY FORMATION

## Survey

Dear parents, please read these statements about you and your child, and then write down how often they occur: 1 = Never; 2 = Rarely; 3 = Sometimes; 4 = Often; 5 = Always	Before the first month Date: .....	After the last month Date: .....
My child has good personal hygiene habits.		
My child shows good manners and etiquette.		
My child does not consume unhealthy foods and drinks.		
My child spends less than 60 minutes a day having fun with digital devices following the rules for safe Internet browsing.		
My child does his/her homework and lessons for the next school day.		
With my child, we talk how his/her day was and how my day was.		
Every week my child reads more than 50 pages of a book (additional reading).		
I participate in some of the events held by the club where my child trains.		
With my child, we talk about something that is current for him/her at school, in the sports hall, about his/her friends, or life in general.		
With my child, we learn something new about each other - about our likes and dislikes, viewpoints, Taekwon-Do, experiences in the sports hall, etc.		
My child does some household chores.		
With my child, we talk about movies, songs, Taekwon-Do, or something we've read.		
My child cleans and tidies up his/her room.		
My child organizes his/her schedule without being reminded by me.		
My child and I have fun together – we watch videos and movies together, we joke, we go out, we walk in nature, we play games, we do exercises together, we attend events together, we listen to each other's favourite music together, etc.		
My child receives individual tasks from the coach.		
My child helps the club by attracting new trainees and promoting Taekwon-Do practicing.		

Please, work with your children on the book and help them earn more points and "Taekwon-Do for the Mind" degrees.

Thank you for your participation. We wish you success!



## The Be Value Reload Project Book

### Activities and Tasks To Be Filled in by the Athletes

The activities that the project participants will have to complete are daily, weekly and monthly - within the project.

For completing each daily task, participants receive 1 point per day. For the successful completion of the weekly tasks, the participants receive 5 points per week for the specific task. Activities that cover a period of one month bring 30 points to the participants.

### Tasks Dedicated to Home and Family

Here again, there are 3 types of tasks to complete: The daily ones bring 3 points for successful completion each day; the weekly ones bring a maximum of 20 points; and the task that the parent sets to his/her child to complete throughout the month gives a maximum of 50 points.

**TO BE FILLED IN BY THE PARENTS** – Please, grade your child's implementation of the below listed tasks. In this way you support your child's participation in the project. Thank you!

### Bonus Points Given by the Coach

This is a task, the implementation of which lasts the whole month and reflects the impressions of the coach (and the teacher) of the work of the athlete participating in the project. This bonus brings the participant a maximum of 100 points given by the coach or it is divided equally - 50 points by the coach and 50 points by the school teacher.

### Total Number of Points:

- ✓ 0-300 - There is no new degree. Your points are not enough to receive a new „Taekwon-Do for the Mind“ degree. Keep trying every day to succeed! Learn by heart and apply the Five Principles of Taekwon-Do every day.
- ✓ From 301 to 600 - A new degree is earned. Well done! You get a new degree „Taekwon-Do for the Mind“. You are doing very well. Continue to apply the Five Principles of Taekwon-Do every day!
- ✓ From 601 to 955 – Two new degrees are earned. Awesome! You get two new „Taekwon-Do for the Mind“ degrees! The effort you put in proves that you follow and live by the Five Principles of Taekwon-Do and practice hard. Keep up the good work!

Cards of: .....

From: (country) .....

Month:		1st week				2st week				3st week				4st week				5st week			
1 point a day	Observing personal hygiene	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
	Showing good manners and etiquette	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
	Good nutrition without consuming unhealthy foods and drinks	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
5 points a week	Less than 60 minutes a day having fun with digital devices following the rules for safe Internet browsing	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
	Homework and lessons for the next school day have been done	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
	Recap of the day with the parents	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
30 points a month	More than 50 pages of a book (additional reading) have been read.																				
	Engagement during training (warm-up or individual tasks set by the coach).																				
	No individual punishments during training.																				
	Self-improvement in Taekwon-Do through additional practicing and theory.																				
3 points a day	Contribution to promoting Taekwon-Do or the club, through the social networks or in other ways.																				
	Received new information from the parents about their lives (Write it down briefly, please)																				
	Participation in an event held by the club (examination, training camp, seminar, demonstrations, cleaning of the training hall, etc.)																				
	A new trainee attracted to the club.																				
20 points a week	Participation of a parent in an event held by the club.																				
	<b>TOTAL POINTS:</b>	To be filled in by the child																			

3 points a day	Made bed, a tidy and clean room	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
20 points a week	The child has helped in cleaning, shopping, etc. in the household	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
A task set by the parent:	A conversation on a current topic about school, the sport hall, friends, or life in general.																				
	Family fun - board games, going to the cinema, theater, mountains, sports, etc.																				
<b>TOTAL POINTS:</b>	To be filled in by the parent																				

Cards of: .....

From: (country) .....

Points collected from <b>Self-Assessment</b> (from 0 to 300 points)	..... points
---	--------------

Points collected from <b>Educational Card</b> (from 0 to 50 points)	..... points ..... /Signature of the teacher/
---	--

Points collected from <b>Parent's Card</b> (from 0 to 430 points)	..... points
---	--------------

Points collected from <b>Bonus Points Given by the Coach</b> (from 0 to 50/100 points)	..... points
--	--------------

<b>Total Collected Points:</b> .....
--------------------------------------

<p>From 0 to 300 points: The present degree in values is defended</p> <p>From 301 to 600 points: The next degree in values is defended</p> <p>From 601 to 955 points: The next two degrees in values are defended</p>
---

Degree at the beginning of the month:	Degree when the month is over:
---------------------------------------	--------------------------------

Coach: .....	
Date: .....	Signature: .....

Cards of: .....

From: (country)

Month:	1st week	2st week	3st week	4st week	5st week
1 point a day	Observing personal hygiene	Mon Tue Wed Thu Fri Sat Sun X			
	Showing good manners and etiquette	Mon Tue Wed Thu Fri Sat Sun X			
	Good nutrition without consuming unhealthy foods and drinks	Mon Tue Wed Thu Fri Sat Sun X			
	Less than 60 minutes a day having fun with digital devices following the rules for safe Internet browsing	Mon Tue Wed Thu Fri Sat Sun X			
	Homework and lessons for the next school day have been done	Mon Tue Wed Thu Fri Sat Sun X			
	Recap of the day with the parents	Mon Tue Wed Thu Fri Sat Sun X			
5 points a week	More than 50 pages of a book (additional reading) have been read.				
	Engagement during training (warm-up or individual tasks set by the coach).				
	No individual punishments during training.				
	Self-improvement in Taekwon-Do through additional practicing and theory.				
	Contribution to promoting Taekwon-Do or the club, through the social networks or in other ways.				
30 points a month	Received new information from the parents about their lives (Write it down briefly, please)				
	Participation in an event held by the club (examination, training camp, seminar, demonstrations, cleaning of the training hall, etc.)				
	A new trainee attracted to the club.				
	Participation of a parent in an event held by the club.				
<b>TOTAL POINTS:</b>	To be filled in by the child				

3 points a day	Made bed, a tidy and clean room	Mon Tue Wed Thu Fri Sat Sun X			
	The child has helped in cleaning, shopping, etc. in the household	Mon Tue Wed Thu Fri Sat Sun X			
20 points a week	A conversation on a current topic about school, the sport hall, friends, or life in general.				
	Family fun - board games, going to the cinema, theater, mountains, sports, etc.				
	A task set by the parent: .....	50 points a month			
<b>TOTAL POINTS:</b>	To be filled in by the parent				

Cards of: .....

From: (country) .....

Points collected from <b>Self-Assessment</b> (from 0 to 300 points)	..... points
---	--------------

Points collected from <b>Educational Card</b> (from 0 to 50 points)	..... points /Signature of the teacher/
---	--

Points collected from <b>Parent's Card</b> (from 0 to 430 points)	..... points
---	--------------

<b>Bonus Points Given by the Coach</b> (from 0 to 50/100 points)	..... points
--	--------------

<b>Total Collected Points:</b> .....
--------------------------------------

<p>From 0 to 300 points: The present degree in values is defended</p> <p>From 301 to 600 points: The next degree in values is defended</p> <p>From 601 to 955 points: The next two degrees in values are defended</p>
---

Degree at the beginning of the month:	Degree when the month is over:
---------------------------------------	--------------------------------

Coach: .....	
Date: .....	Signature: .....

Cards of: .....

From: (country) .....

Month:		1st week				2st week				3st week				4st week				5st week			
1 point a day	Observing personal hygiene	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
	Showing good manners and etiquette	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
	Good nutrition without consuming unhealthy foods and drinks	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
5 points a week	More than 50 pages of a book (additional reading) have been read.	Mon	Tue	Wed	Thu																
	Engagement during training (warm-up or individual tasks set by the coach).	Mon	Tue	Wed	Thu																
	No individual punishments during training.	Mon	Tue	Wed	Thu																
	Self-improvement in Taekwon-Do through additional practicing and theory.	Mon	Tue	Wed	Thu																
	Contribution to promoting Taekwon-Do or the club, through the social networks or in other ways.	Mon	Tue	Wed	Thu																
	Received new information from the parents about their lives (Write it down briefly, please)	Mon	Tue	Wed	Thu																
30 points a month	Participation in an event held by the club (examination, training camp, seminar, demonstrations, cleaning of the training hall, etc.)	Mon	Tue	Wed	Thu																
	A new trainee attracted to the club.	Mon	Tue	Wed	Thu																
	Participation of a parent in an event held by the club.	Mon	Tue	Wed	Thu																
		Mon	Tue	Wed	Thu																
<b>TOTAL POINTS:</b>	To be filled in by the child																				

3 points a day	Made bed, a tidy and clean room	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
20 points a week	The child has helped in cleaning, shopping, etc. in the household	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
A task set by the parent:		Mon	Tue	Wed	Thu																
		Mon	Tue	Wed	Thu																
<b>TOTAL POINTS:</b>	To be filled in by the parent																				

Cards of: .....

From: (country) .....

Points collected from <b>Self-Assessment</b> (from 0 to 300 points)	..... points
---	--------------

Points collected from <b>Educational Card</b> (from 0 to 50 points)	..... points ..... /Signature of the teacher/
---	--

Points collected from <b>Parent's Card</b> (from 0 to 430 points)	..... points
---	--------------

<b>Bonus Points Given by the Coach</b> (from 0 to 50/100 points)	..... points
--	--------------

<b>Total Collected Points:</b> .....
--------------------------------------

<p>From 0 to 300 points: The present degree in values is defended</p> <p>From 301 to 600 points: The next degree in values is defended</p> <p>From 601 to 955 points: The next two degrees in values are defended</p>
---

Degree at the beginning of the month:	Degree when the month is over:
---------------------------------------	--------------------------------

Coach: .....	
Date: .....	Signature: .....

Cards of: ..... From: (country) .....

Month:		1st week				2nd week				3rd week				4th week				5th week			
1 point a day	Observing personal hygiene	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
	Showing good manners and etiquette	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
	Good nutrition without consuming unhealthy foods and drinks	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
5 points a week	Less than 60 minutes a day having fun with digital devices following the rules for safe Internet browsing	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
	Homework and lessons for the next school day have been done	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
	Recap of the day with the parents	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
30 points a month	More than 50 pages of a book (additional reading) have been read.																				
	Engagement during training (warm-up or individual tasks set by the coach).																				
	No individual punishments during training.																				
	Self-improvement in Taekwon-Do through additional practicing and theory.																				
3 points a day	Contribution to promoting Taekwon-Do or the club, through the social networks or in other ways.																				
	Received new information from the parents about their lives (Write it down briefly, please)																				
	Participation in an event held by the club (examination, training camp, seminar, demonstrations, cleaning of the training hall, etc.)																				
	A new trainee attracted to the club.																				
20 points a week	Participation of a parent in an event held by the club.																				
	A conversation on a current topic about school, the sport hall, friends, or life in general.																				
3 points a day	Family fun - board games, going to the cinema, theater, mountains, sports, etc.																				
	A task set by the parent:																				
<b>TOTAL POINTS:</b>		To be filled in by the child																			

3 points a day	Made bed, a tidy and clean room	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
20 points a week	The child has helped in cleaning, shopping, etc. in the household	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
<b>TOTAL POINTS:</b>		To be filled in by the parent																			

Cards of: ..... From: (country) .....

Points collected from <b>Self-Assessment</b> (from 0 to 300 points)	..... points
--	--------------

Points collected from <b>Educational Card</b> (from 0 to 50 points)	..... points /Signature of the teacher/
--	--

Points collected from <b>Parent's Card</b> (from 0 to 430 points)	..... points
--	--------------

<b>Bonus Points Given by the Coach</b> (from 0 to 50/100 points)	..... points
---	--------------

<b>Total Collected Points:</b> .....
--------------------------------------

From 0 to 300 points: The present degree in values is defended  
 From 301 to 600 points: The next degree in values is defended  
 From 601 to 955 points: The next two degrees in values are defended

Degree at the beginning of the month:	Degree when the month is over:
---------------------------------------	--------------------------------

Coach: .....
Date: ..... Signature: .....

Cards of: ..... From: (country) .....

Month:		1st week				2st week				3st week				4st week				5st week			
1 point a day	Observing personal hygiene	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
	Showing good manners and etiquette	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
	Good nutrition without consuming unhealthy foods and drinks	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
5 points a week	More than 50 pages of a book (additional reading) have been read.																				
	Engagement during training (warm-up or individual tasks set by the coach).																				
	No individual punishments during training.																				
	Self-improvement in Taekwon-Do through additional practicing and theory.																				
	Contribution to promoting Taekwon-Do or the club, through the social networks or in other ways.																				
	Received new information from the parents about their lives (Write it down briefly, please)																				
30 points a month	Participation in an event held by the club (examination, training camp, seminar, demonstrations, cleaning of the training hall, etc.)																				
	A new trainee attracted to the club.																				
	Participation of a parent in an event held by the club.																				
<b>TOTAL POINTS:</b>	To be filled in by the child																				

3 points a day	Made bed, a tidy and clean room	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
20 points a week	The child has helped in cleaning, shopping, etc. in the household	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
		Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X	Fri	Sat	Sun	X
A task set by the parent:	.....																				
		50 points a month																			
<b>TOTAL POINTS:</b>	To be filled in by the parent																				

Cards of: ..... From: (country) .....

Points collected from <b>Self-Assessment</b> (from 0 to 300 points)	..... points
---	--------------

Points collected from <b>Educational Card</b> (from 0 to 50 points)	..... points ..... /Signature of the teacher/
---	--

Points collected from <b>Parent's Card</b> (from 0 to 430 points)	..... points
---	--------------

<b>Bonus Points Given by the Coach</b> (from 0 to 50/100 points)	..... points
---	--------------

<b>Total Collected Points:</b> .....
--------------------------------------

From 0 to 300 points: The present degree in values is defended  
From 301 to 600 points: The next degree in values is defended  
From 601 to 955 points: The next two degrees in values are defended

Degree at the beginning of the month:	Degree when the month is over:
---------------------------------------	--------------------------------

Coach: .....
Date: ..... Signature: .....

Cards of: .....

From: (country) .....

Month:		1st week				2st week				3st week				4st week				5st week			
1 point a day	Observing personal hygiene	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
	Showing good manners and etiquette	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
	Good nutrition without consuming unhealthy foods and drinks	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
5 points a week	More than 50 pages of a book (additional reading) have been read.	Mon	Tue	Wed	Thu																
	Engagement during training (warm-up or individual tasks set by the coach).	Mon	Tue	Wed	Thu																
	No individual punishments during training.	Mon	Tue	Wed	Thu																
	Self-improvement in Taekwon-Do through additional practicing and theory.	Mon	Tue	Wed	Thu																
	Contribution to promoting Taekwon-Do or the club, through the social networks or in other ways.	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
30 points a month	Received new information from the parents about their lives (Write it down briefly, please)	Mon	Tue	Wed	Thu																
	Participation in an event held by the club (examination, training camp, seminar, demonstrations, cleaning of the training hall, etc.)	Mon	Tue	Wed	Thu																
	A new trainee attracted to the club.	Mon	Tue	Wed	Thu																
	Participation of a parent in an event held by the club.	Mon	Tue	Wed	Thu																
<b>TOTAL POINTS:</b>	To be filled in by the child																				

3 points a day	Made bed, a tidy and clean room	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
20 points a week	The child has helped in cleaning, shopping, etc. in the household	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
A task set by the parent:	.....	Mon	Tue	Wed	Thu																
		Fri	Sat	Sun	X																
<b>TOTAL POINTS:</b>	To be filled in by the parent																				

Cards of: .....

From: (country) .....

Points collected from <b>Self-Assessment</b> (from 0 to 300 points)	..... points
---	--------------

Points collected from <b>Educational Card</b> (from 0 to 50 points)	..... points ..... <b>/Signature of the teacher/</b>
---	---

Points collected from <b>Parent's Card</b> (from 0 to 430 points)	..... points
---	--------------

<b>Bonus Points Given by the Coach</b> (from 0 to 50/100 points)	..... points
---	--------------

<b>Total Collected Points:</b> .....
--------------------------------------

From 0 to 300 points: The present degree in values is defended From 301 to 600 points: The next degree in values is defended From 601 to 955 points: The next two degrees in values are defended
--

Degree at the beginning of the month:	Degree when the month is over:
---------------------------------------	--------------------------------

Coach: .....	
Date: .....	Signature: .....

Notes: .....

Degrees awarded to: ..... From: (country) .....

### DEFENDED DEGREES IN VALUES

10th Degree Date: .....	WHITE BELT	9th Degree Date: .....
----------------------------	------------	---------------------------

8th Degree Date: .....	YELLOW BELT	7th Degree Date: .....
---------------------------	-------------	---------------------------

6th Degree Date: .....	GREEN BELT	5th Degree Date: .....
---------------------------	------------	---------------------------

4th Degree Date: .....	BLUE BELT	3rd Degree Date: .....
---------------------------	-----------	---------------------------

2nd Degree Date: .....	RED BELT	1st Degree Date: .....
---------------------------	----------	---------------------------

BLACK BELT								
I	II	III	IV	V	VI	VII	VIII	IX



Co-funded by the  
Erasmus+ Programme  
of the European Union

**Disclaimer:** The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the  
Erasmus+ Programme  
of the European Union



[www.bevaluer.com](http://www.bevaluer.com)  
[www.cptk.com/bvr](http://www.cptk.com/bvr)