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| **Tiger Taekwon-Do Service and Contribution Badge** |
| **☞ Guidelines and log sheet for students who are working toward earning a Service and Contribution Badge.** * Badges are awarded after 10 weeks of service or contribution that benefits the club.
* Activities can be recorded across multiple terms.
* More than one activity can be recorded in any one week.
* Record on the log sheet what action you took that was of service or contributed to the club.
* Identify which Tenet your action was linked to and ask Mr Lowe to initial it.
* Check with Mr Lowe if you’d like to do something that is not on this list.
 | A tiger face embroidered on a white background  AI-generated content may be incorrect. |
| **What Counts as Service?****☞ Usually means doing things that help the club run smoothly, or acting for the benefit of others–often one-off, small everyday acts.**Here are some examples grouped under the Tenets of Taekwon-Do.**Courtesy*** I can greet new students and parents with a smile, and introduce them to Mr Lowe.
* I can help set up or pack down the dojang.
* I can offer to partner with someone who looks shy or new.

**Integrity*** I can return borrowed gear straight away.
* I can hand in lost property.
* I can do drills correctly, not the quick way.

**Perseverance*** I can encourage a classmate when they find something hard.
* I can keep going in drills, even when I feel tired.
* I can help younger kids stay focused.

**Self-Control*** I can control my power to keep partners safe.
* I can watch and listen to the kaiako without distraction.
* I can stay calm if I make a mistake.

**Indomitable Spirit*** I can help at gradings, tournaments, or demos.
* I can lead a warm-up when asked.
* I can volunteer to demonstrate, even if I’m nervous.
 | **What Counts as Contribution?****☞ Adding extra value to the club’s success, image and spirit–often visible, public or sustained efforts.** Activities can be the same as service activities, but continued over a longer period of time.Examples: * I regularly teach a class.
* I regularly take a warm-up.
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| **Week** | **Tenet** | **What I Did** | **Kaiako Initial** |
| **1** |  |  |  |
| **2** |  |  |  |
| **3** |  |  |  |
| **4** |  |  |  |
| **5** |  |  |  |
| **6** |  |  |  |
| **7** |  |  |  |
| **8** |  |  |  |
| **9** |  |  |  |
| **10** |  |  |  |
| **11** |  |  |  |
| **Kaiako signature** |  |  |  |