

ANGER MANAGEMENT
LIFE SKILLS EVALUATION FORM

Name: _____

Age: _____

Rank Promotion: _____

Dear Parent/Teacher:

The above named student is being evaluated for their next belt rank in Judo, here at Acadian Judo Club. In addition to both knowledge and skills requirements, each belt rank requires a demonstration of a particular character trait we are trying to emphasize, both in the Dojo and in the rest of their lives. It is in that interest that the student named is asking you to please evaluate their consistent demonstration of this particular character trait in the following area over the last two or three months. Thank you.

Anger Management: At this rank (and beyond) we expect the Judoka to demonstrate good Anger Management skills and control of their temper. At home and in school, the Judoka is expected to not lose their temper or react in anger towards unpleasant circumstances. In addition, they should be trying to resolve matters without losing their cool. Please indicate your ranking by checking the correct box below. Space is provided for any additional comments.

Excellent	Good	Needs Improvement	Poor	Very Poor

Evaluator's Name: _____

Relationship: _____

Contact No.: _____

In addition, should the student have been misbehaving or showing any other behavior that you feel we, the staff of Acadian Judo, could help improve, please feel free to contact me and let me know. Thank you for your assistance in this matter.

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