

**SELF-DISCIPLINE
BEGINNER STRIPE SHEET**

Congratulations! You are on the right track to becoming a **Black Belt** and an outstanding Martial Artist. Now it is time to do the next step in your path to excellence. *In order to earn your stripes towards your next belt, you need to commit 20 Total acts of self-discipline outside of the karate school.* A good Martial Artist is more than just someone who knows how to kick and punch well – being a good person is also a part of it! Think of the best chores you can do for yourself and for someone else. You need to complete 10 acts, take at least 8 classes, and train one month for every stripe that you want to earn. Bring your binder to class so your instructor can see that you have earned your stripe. *Stripes are given out only during progress check week.* Remember to use your check off list to make sure you are on track toward your goal! You can do it! **Bonus:** complete an *additional 10 acts of Self-Discipline Sheets* (30 or more!), and you will earn a Self-Discipline Stripe for every extra 10 acts!

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

For children, please have parent(s) sign off that you have done your acts of self-discipline.

Signature