

## Karate Self-Discipline Card

WRITE DOWN SOMETHING YOU DID AROUND THE HOUSE OR AT SCHOOL, THAT YOU DID NOT HAVE TO BE TOLD TO DO BY YOUR PARENTS OR TEACHERS. BRING THIS SHEET TO CLASS WHEN YOU HAVE 10 LINES FILLED SO YOUR INSTRUCTOR CAN CHECK IT. WHEN YOU HAVE COMPLETED 30 LINES YOU ARE ONE STEP CLOSER TO YOUR NEXT BELT.

Student Name: \_\_\_\_\_

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

Parent Sign: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor Sign: \_\_\_\_\_ Date: \_\_\_\_\_

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

Parent Sign: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor Sign: \_\_\_\_\_ Date: \_\_\_\_\_

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

Parent Sign: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor Sign: \_\_\_\_\_ Date: \_\_\_\_\_

