

**SELF-DISCIPLINE**

**STRIPE SHEET**

**Current Belt** \_\_\_\_\_ **Stripe #** \_\_\_\_\_

**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 perform 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:

1. Complete 10 acts of Self-Discipline
2. Take at least 8 classes
3. Train one month for every stripe that you want to earn.

Bring your sheet to class so your instructor can see that you have earned your stripe. *Stripes are given out only during progress check week (except bonus stripes).* 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 Total for Beginners; 40 Total for Advanced; 70 Total for Brown/Blk Stripe Belts), and you will earn a Self-Discipline Stripe for every extra 10 acts!

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

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Signature