



SELF DISCIPLINE SHEET

STUDENT NAME _____ **AGE** _____ **BELT** _____

Each time you help out at home without being asked, write down how you helped out. Once you have helped out at home ten times (outside of your regular expectations), turn in your sheet to receive an attitude stripe. Each sheet is worth three attitude stripes.

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

Parent Signature _____ **Date** _____ **Stripe**

Instructor Signature _____ **Date** _____ ☐

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

Parent Signature _____ **Date** _____ **Stripe**

Instructor Signature _____ **Date** _____ ☐

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

Parent Signature _____ **Date** _____ **Stripe**

Instructor Signature _____ **Date** _____ ☐

If you want to receive your **SELF DISCIPLINE AWARD** at the graduation, turn in this sheet fully completed on your PRE-TESTING/TESTING DAY (Not on Graduation or the Brown/Black Belt Test). You can only receive ONE Self Discipline Award per cycle, but you can receive UNLIMITED attitude stripes for helping at home!