SELF- DISCIPLINE SHEET

Write down something you did around the house or at school that you did not have to be told to do by an adult. Bring this sheet to class when you have 10 lines completed and you will receive an attitude stripe. A total of 3 attitude stripes may be earned per sheet. When you receive your third stripe, your sheet will be collected, and attitude stripe will count towards ABOVE AND BEYOND AWARD (12 or more stripes) at the next belt test.

Student's Name:_____ Rank:_____

1._____ 6._____

2._____ 7._____

3._____ 8._____

4._____ 9._____

5._____ 10._____

Parent's Signature/Date:_____ Instructor's Signature/Date:_____

1._____ 6._____

2._____ 7._____

3._____ 8._____

4._____ 9._____

5._____ 10._____

Parent's Signature/Date:_____ Instructor's Signature/Date:_____

1._____ 6._____

2._____ 7._____

3._____ 8._____

4._____ 9._____

5._____ 10._____

Parent's Signature/Date:_____ Instructor's Signature/Date:_____

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