

Self Discipline

WRITE IN THE BLOCKS OR ON THE BACK OF THE CARD SOMETHING YOU DID AROUND THE HOUSE OR AT SCHOOL THAT YOU DID NOT HAVE TO BE TOLD TO DO BY YOUR PARENTS OR TEACHERS. BE CREATIVE! ALSO, WRITE DOWN EACH TIME YOU STOPPED YOURSELF FROM DOING SOMETHING YOU KNOW YOU SHOULDN'T, and you and your parents initial and date the blocks for the Self Discipline. Bring your card to class when you have the full page completed, you will receive a Self Discipline stripe (1st one from the end of the belt).

Student Name: _____

1	2	3	4	5
6	7	8	9	10

Instructor Signature/Date: _____

Parent Signature/Date: _____

1	2	3	4	5
6	7	8	9	10

Instructor Signature/Date: _____

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King Tiger Martial Arts, Inc. All locations independently operated. More curriculum resources at:

www.KingTigerMartialArts.com

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