



SELF-DISCIPLINE

STUDENT NAME: _____

THE FOLLOWING JOB LIST IS TO BE COMPLETED BETWEEN BELT TESTING EVENTS AND MUST BE HANDED IN DURING THE 5TH WEEK (STRIPE WEEK) TO RECEIVE YOUR PERSONAL ACHIEVEMENT STRIPE AND TO BE ELIGIBLE FOR RANK PROMOTION. BEGINNER BELTS NEED A MINIMUM OF 1 STRIPE. INTERMEDIATES NEED A MINIMUM OF 2 STRIPES, AND ADVANCED STUDENTS NEED A MINIMUM OF 3 PERSONAL ACHIEVEMENT STRIPES.

LIST ACTS OF SELF-DISCIPLINE

Things that you did around the house or at school that you did not have to be told to do by an adult.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Authorized by: _____ Date: _____
parent or guardian



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