

# Self Discipline Sheet

School

## Week 1

A main objective at Original Okinawan Karate of Holt is to develop well rounded students, not only at our Karate school, but in society as well.

Our school teaches the principles of **Black Belt Excellence**. Not only do students become Black belts in karate, but they also strive to become academic Black belts and eventually, corporate Black belts or Black belt employees. Black belt is used as a metaphor for personal excellence.

In order to monitor our student's progress towards these goals, we request that you complete the following chart evaluating their level of Discipline.

If you would like to add anything additional, please add in the blank lines below. Please give to student to turn in the day of their next class.

**S**= Self; Sees an opportunity to help or do and does so without being asked.

**G**= Good; When asked to help or do, does so the first time asked.

**N**= Needs Improvement; When asked to help or do, has to be asked many times.

**P**= Poor; When asked to help or do, does **not** or demonstrates a negative attitude.

\_\_\_\_\_ Student Name

x \_\_\_\_\_ Teacher Signature

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>School</b>							
Turned in home work							
Focused and attentive in class							
Using black belt respect for class mates							
Using black belt respect for teachers							