

Self Discipline Sheet

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. This has become a new requirement for testing.

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 _____ Dates

x _____ Parent Signature

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Household Contributions							
Straighten up room							
Put personal belongings away							
Put dirty clothes in laundry							
Make my bed							
Complete assigned chores							
Self Care							
Brush teeth							
Take a bath/ shower							
School							
Complete home work							
Use black belt respect for teachers & classmates							
Family							
Use black belt respect for entire family							
Karate							
Practiced at least 15 minutes							