

SELF-DISCIPLINE SHEET

MASTER



**SHIN'S
MARTIAL ARTS**

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 three stripes may be earned per sheet. When you receive your third stripe, your sheet will be collected.

Student's Name: _____

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Parent Signature/Date: _____ Instructor Signature Date: _____

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Parent Signature/Date: _____ Instructor Signature Date: _____

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Parent Signature/Date: _____ Instructor Signature Date: _____