

Name: _____

Belt Rank: _____



Self-Discipline

Self-discipline is the training and control of one's self and one's conduct, usually for personal improvement. When practicing self-discipline, you agree to live within limits created not only by yourself but also those created by others.

Natural talent counts for little unless it's supercharged by self-discipline.
Self-discipline can, to some extent, overcome lack of natural talent.

To Earn Your Stripe:

Schedule specific times complete these tasks: Tasks must be consistently completed at the same time every night.
Show self-discipline by starting at your scheduled time.

10 Push Ups

10 Front Punches

10 Cross Punches

10 Alternating Kicks

30 Seconds of Horse Stance

1 Minute of Splits

	Day1	Day 2	Day 3	Parent Initials	Instructor Initials
Week 1					
Week 2					
Week 3					
Week 4					