

# New Tampa Karate Self-Discipline Card



## Directions

Write down something you did around the house or at school that you did not have to be told to do by an adult. Also, write down each time you stopped yourself from doing something you know you shouldn't. Bring this sheet to class when you have 10 lines completed you will receive a green attitude stripe. A total of 3 stripes may be earned per sheet. When you receive your third stripe, your sheet will be collected, and you will receive a DISCIPLINE AWARD in your next class.

Student's Name: \_\_\_\_\_

## Attitude Stripe 1

1	2	3	4	5
6	7	8	9	10

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Attitude Stripe 2

1	2	3	4	5
6	7	8	9	10

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Attitude Stripe 3

1	2	3	4	5
6	7	8	9	10

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_