



Black Belt Club



Self-discipline Homework

Self-discipline- You must do helpful chores around the house without being told.
Bring this card back to class when it is completed to receive a “**Self-discipline stripe**” on your belt.

Look on back for Self-discipline suggestions.

Parents: please give a short description of self-discipline in each block.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

Self-Practice Homework

You must Practice for at least **15 minutes** and get each box signed and dated by a parent. On the 1-min, boxes – you may work on any techniques you wish for the rest of your time.

Bring this card back to class when it is completed to receive a “**practice stripe**” on your belt!

Parents: please initial and date the self-discipline practice session.

1 One-steps 5 times each	2 3 Katas done SLOWLY & full power	3 Same Kata done SLOWLY & full power 3 times	4 Pick 3 moves and do 100 times each	5 3 Weapons Katas done SLOWLY & full power
6 1min - straight punches How many ? _____	7 1min – ridge hands How many ? _____	8 1min – palm heel strikes How many ? _____	9 1 min – knife hand strikes How many ? _____	10 1 min – elbow strikes How many ? _____
11 1min of push-ups How many ? _____	12 1min of sit-ups How many ? _____	13 1min - snap kicks How many ? _____	14 1min - side kicks How many ? _____	15 1min – roundhouse kicks How many ? _____
16 Basic Blocks moving forward and back Practiced how long? _____	17 Push-ups / Sit-ups / Deep knee bends Practiced how long? _____	18 Front & Side stance combo's 4 moves each Practiced how long? _____	19 Deep Stances moving forward and back Practiced how long? _____	20 Kata in sections 3or4 moves then repeat Practiced how long? _____

Name: _____

Parents Comments: _____

Bad discipline: Not doing what your parents ask you to do.

O.K. discipline: Eventually doing what your parents ask you to do.

Self-discipline: Doing good things **without being told.**

Examples of self-discipline:

- | | |
|---|------------------------------------|
| 1). Clean room | 6). Help with yard work |
| 2). Put dirty laundry away | 7). Help with housework |
| 3). Make bed | 8). Help feed or take care of pets |
| 4). Put personal belongings away | 9). Go to bed on time |
| 5). Help with younger brother or sister | 10). Read a book |

Parents, we ask that you help encourage self-discipline at home by rewarding and praising your child for doing helpful things at home without being told to do them. Please sign and date a block every time your child displays self-discipline at home. Return this card to the school when completed, and your child will be praised awarded a “self-discipline stripe” on their belt. ***Black Belt Club Members are expected to demonstrate dedication and self-discipline above and beyond normal levels at all times. Both Self-Discipline stripes are required to be eligible for promotion!***

Here are a few ideas:

- | | |
|--|---|
| 1) Weapons Basics check change in stance & foot position | 6) Basic Blocks moving forward and back |
| 2) Stances/fighting Combinations | 7) Deep Stances moving forward and back |
| 3) Tournament Katas | 8) Kata Bunkai what are you doing each move |
| 4) Kata/done <i>SLOW</i> & full power | 9) Front & Side stance combo's |
| 5) One-steps 5 times each | 10) Pick 3 moves and do 100 times each. |

Please have “ultimate focus” when practicing. **Do Not Rush!** Be aware of your entire body, form, technique & retraction of each movement. Always keep your back straight, set in proper stance, have full pull back, and breath on each move.

Good Job!