



KK4C Self Discipline Club

Write down something you did around the house that you did not have to be told to do by your parents. Be creative! Also, write down each time you stopped yourself from doing something you know you shouldn't. **Bring this sheet to class after each 10 blanks finished and you will receive a special Belt Tip. Finish all 30 and receive a Special Medal.**

Student Name:
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Bring to class for a Special Belt Tip - Instructor Signature/Date:
Parent Signature/Date:
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Bring to class for a Special Belt Tip - Instructor Signature/Date:
Parent Signature/Date:
1.
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Bring to class for a Special Medal - Instructor Signature/Date
Parent Signature/Date: