



# 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.*

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