Discipline Stripes

For Okami Kai Yellow, Orange, Green, and Blue Belt Karate students who are under the age of 16.

Each student will be given a task from their parent or guardian . The task provided must be done for 7 consecutive days and should be something that the student should be able to do easily, but should also be something that requires a good amount of self discipline to accomplish. The task should also be something that teaches a good positive action from the student.

Examples of this might be chores around the house, reading for a certain amount of time each day, having some sort of beneficial downtime away from screens (televisions, tablets, cellphones, etc.). Even studying our student handbook or practicing Karate could be chosen as a possible task. The task chosen is at the discretion of the parent or guardian.

Upon completion of the task, the parent or guardian should then indicate what the task was on the chart below and also provide their signature or initials to indicate that the task was completed to their approval.

The completed chart should be handed in to Shihan, Renshi, or a Sensei who will then provide a stripe to indicate that the grading requirement has been fulfilled. A minimum of one Discipline Stripe per belt must be obtained by the student in order for them to be tested to their next belt level, but students can obtain as many as three discipline stripes per belt level should they choose to obtain more.

70 points will be awarded to the student's Wolf Pack (10 per day) for every Discipline Stripe they earn.

Name of Student: _____

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Task Completed	Task Completed	Task Completed	Task Completed	Task Completed	Task Completed	Task Completed
Signature of Parent or Guardian	Signature of Parent or Guardian	Signature of Parent or Guardian	Signature of Parent or Guardian	Signature of Parent or Guardian	Signature of Parent or Guardian	Signature of Parent or Guardian