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**Stripe 4: Homework Sheet**

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**DISCIPLINE****“To Obey what is Right”**

Discipline is to obey what is right. It means to practice good habits. What are good habits? Simply put, they are behaviors that make us better human beings, and move us closer to the best version of ourselves.

Discipline begins with obedience. When we are children, we must obey our parents, teachers, and mentors, since they are the ones who are responsible to show us the right path. Later in life, we must learn to rely on our self discipline. Self-discipline means to obey our conscience. It's when we no longer need to be told what to do, or how to do it because we have developed an understanding of what is right and what is wrong. The next stage of discipline is self control. This is when we are able to control our emotions, rather than have them control us. The highest form of discipline is self-awareness. This happens when we not only obey our conscience and are able to control our emotions, but we are able to understand our place in the universe.

*“Discipline is the bridge between goals and accomplishments.”  
- Jim Rohn*

**Working through the stages of Discipline**

Below, write an example of each stage of discipline you have shown or accomplished this cycle.

**Obedience (example- I brush my teeth each night just like my parents ask me to do)**

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**Self Discipline (example- I workout daily, even when I am tired)**

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**Self Control: (example- I don't lose my temper when things don't go my way)**

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# Life Habits - Discipline through Developing Good Habits

Success in life requires Discipline. No matter our goals, if we don't have the discipline to keep working when it gets hard, we won't accomplish much in life. We practice Discipline by using it to develop GOOD habits. Perform each task everyday for 7 days in a row, parents- date days completed. Bring this completed sheet to class to earn your stripe.

**Parents:** Choose 3 tasks you want your child to make a habit. (eg: brush teeth, make bed, clean up table, complete homework before playtime, etc.)

**Adults:** Choose up to 3 tasks you are trying to improve. (eg. daily reading, exercise, no soda, take a walk with the family, etc.)

Task 1:

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Task 2:

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Task 3:

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Dear Parents and Teachers,

## Intent to Promote

Our main objective at "Thrive Martial Arts" is to develop well-rounded students, not only at our school, but also in life. That's why our school teaches the principles of Black Belt Excellence. Not only do students become black belts in martial arts, but also strive to become academic black belts and eventually corporate black belts or black belt employees. We use the term "black belt" as a metaphor for personal excellence.

In order to monitor our students' progress toward these goals, we respectfully request you complete the following:

<b>School Teacher</b>	The student is doing satisfactory work, and is a positive part of my class room.	
	_____	<b>Agree</b>
	Teacher's signature	(Circle one)
	_____	<b>Disagree</b>
	Date	

My son or daughter has been behaving in a respectful manner and is cooperative at home.		<b>Parents</b>
<b>Agree</b>	_____	
(Circle one)	Parent's signature	
<b>Disagree</b>	_____	
	Date	

If one of our students does not meet these standards, we will hold their testing until there has been satisfactory improvement. If you have any other direct feedback beyond the scope of this form, please feel free to call us at the number below.

Sincerely,

Master Kenny Overby

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