



THEME: Discipline

Student's Name: _____

Belt Color: _____

Today's Date: _____

How many times have you practiced your form this session at home?

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

20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37+

What is discipline?

- Discipline means: "to obey what is right."
- Discipline are behaviors that make us better people.

What does it look like?

- Doing what is asked the FIRST TIME (even better: doing the right thing *before* being told).
- Listening and obeying our parents, teachers and mentors. They are the ones responsible to show us the right path.

What is it for?

- We can use discipline for controlling our emotions, rather than have them control us.
- We practice good habits. Good habits make good leaders.

I am going to demonstrate "DISCIPLINE" to earn my next belt in these areas:

At home:

Week 1	Week 2	Week 3

At school:

Week 1	Week 2	Week 3

At Taekwondo:

Week 1	Week 2	Week 3

I understand "**DISCIPLINE**" and have demonstrated it in my actions this session.

Student: _____

Parent: _____ **Date:** _____