



National Karate Schools

4 AREA LOCATIONS

365 South Prospect Ave • Bartlett, IL. 60103 • (630) 289-7777
 660 West Lake Street • Bloomingdale, IL. 60172 • (630) 582-4141
 802 East Nerge Road • Elk Grove, IL. 60172 • (630) 539-9969
 1272 North Spring Street • South Elgin, IL. 60177 • (847) 741-NKNK
 www.NationalKarate.com



LIFE SKILLS REQUIREMENT - SELF-DISCIPLINE

OBJECTIVE: Place more importance on how NK children & youth students behave outside of karate class. Teaching NK children life skills is one of the most important elements of their training, and expecting our students to become people of character and discipline is part of their promotion requirements.

SELF-DISCIPLINE REQUIREMENT: Demonstrating an inner responsibility to achieve goals or accomplish tasks without outside coercion. Also, to discipline yourself to behave with self-control.

Parents, please encourage your child with us on the following forms of self-discipline. Then turn this grade sheet in prior to your child's testing for his/her next belt.

Students Name: _____ Age _____ Date _____

Teacher/Coach/ or other adult signature: _____ Title _____

	Almost Always	Most of the Time	Sometimes	Rarely
Performs tasks without being asked				
Disciplines self to behave with self-control				