



## Self-Discipline

### Life Skills & Character Development

Instructions: Parents, please help your child with this worksheet so that you can help him/her develop the valuable life skill of self-discipline. When it is finished, return it to your instructor to earn a stripe.

Self-Discipline is a foundational quality of Martial Arts. It refers to making yourself do the right thing or what is best, whether you feel like it or not. Rejecting wrong or lazy desires and doing what is best can be hard, but a disciplined person has the self-control to do it. In other words, a disciplined person knows the right thing to do and does it. An undisciplined person knows the right thing to do but doesn't do it.

Homework for 4 year olds and older: (Circle the best answer.)

1. If you are wiggly in Chunbi, is that showing self-discipline? YES or NO?
2. If you sit still and listen to your teacher, is that showing self-discipline? YES or NO?
3. If your mom says that you can eat only one cookie, but you eat three cookies, is that showing self-discipline? YES or NO?

Additional homework for 8 year olds and older: (Write your answers below.)

List two ways you can practice self-discipline at the karate school.

1. \_\_\_\_\_
2. \_\_\_\_\_

List two ways you can practice self-discipline at home.

1. \_\_\_\_\_
2. \_\_\_\_\_

Now, ask your parents to help hold you accountable in these areas.



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