

BLACK BELT



DISCIPLINE

Name: _____

"Discipline is the bridge between goals and accomplishment." Jim Rohn

Describe what black belt discipline means to you: _____

Name three ways martial arts training helps build discipline:

1. _____

2. _____

3. _____

Name a way you can show black belt discipline at:

HOME: _____

SCHOOL: _____

KARATE: _____

Draw Yourself Accomplishing Something Great with Black Belt Discipline!