

Adult Gold Stripe Form

Without a Gold Merit stripe, there is NO belt advancement. It is quite important that you take this very seriously AND take initiative to complete it. Please check or initial the DVD box to show that you have completed your at home practice DVD once per week. Please use the blank space to tell us how you improved that week. The topic can be over our current life skill or over one of our core character skills. Once the form is completed, turn it in at the beginning of class and we'll make sure they are awarded the gold merit stripe and move up towards testing.

Character Skills

Week	DVD	Discipline	Respect	Honesty	Courage	Patience	Generosity	Gratitude	Perseverance	Responsibility
One										
Two										
Three										
Four										
Five										
Six										
Seven										
Eight										

Student Name: _____	Signature: _____
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