

Adults Gold Merit 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. These are simply suggestions; if you have an idea or a change, by all means, try it! Once the form is completed, turn it in at the beginning of class, and we'll make sure you are awarded the Gold Merit Stripe and move up towards testing.

I. Discipline ~

~ Clean up after yourself ~ wake early to leave/arrive on time ~ moderate leisure activities and diet ~ practice karate and EXERCISE! ~ prayer or mediation

II. Respect ~

~ do not participate in gossip or rumors ~ obtain permission before using anything that isn't yours ~ hold doors open ~ allow someone else the right of way in heavy traffic ~ treat others as you would be

III. Honesty ~

~ always tell the truth when asked ~ if not asked, volunteer truthful information when you KNOW it needs to be told ~ listen to your conscience ~

IV. Courage ~

~ try something new ~ any public speaking ~ tell another person how you feel and what you want ~ resolve your past issues...all of them ~ stand up for what you believe ~

V. Patience ~

~ restraint of anger, hostile words or actions in a "road rage" scenario ~ allow others (kids etc) to be who they are... for as long as they need ~

VI. Generosity ~

~ share, especially your favorite things ~ help someone work ~ teach another person something ~ give someone a ride ~ donate time or money

VII. Gratitude ~

~ always say thank you ~ treat the things people give you with care ~ make sure your gratitude reflects in your actions ~

VIII. Perseverance ~

Never Quit! ~ never give up trying to do something that is good ...ever ~ never give up trying to stop something that is bad... ever

IX. Responsibility ~

~ complete whatever duties are assigned to you. Every day. This could be work, school or parenting and household management. None of us are exempt

Every student **MUST** complete 10 days of intense effort in all the Character Skill categories before receiving their Gold Merit Stripe

Notes and

comments: _____

STUDENT NAME _____