

# Kids Gold Merit Stripe Form

Without a Gold Merit Stripe, there is NO belt advancement. It is quite important that your child 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 they are awarded the Gold Merit Stripe and move up towards testing.

**I. Discipline ~**

~ pick up after yourself ~ be ready to leave, etc. on time ~ moderate tv/video games/junk food ~ practice karate and other skills ~ no whining

**II. Respect ~**

~ answer with "Yes Sir" or "Yes Ma'am" ~ ask before using others' things, put them away afterwards and treat those things carefully ~ don't interrupt ~ wait your turn ~ hold doors open

**III. Honesty ~**

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

**IV. Courage ~**

~ try something new ~ any public speaking ~ say "no!" to someone that wants you to make a bad choice ~ tell another person how you feel and what you want

**V. Patience ~**

~ wait and be silent...for whatever it might be that you so desperately think you need right that second.

**VI. Generosity ~**

~ share food, especially sweets ~ help someone work ~ teach another person something ~ share toys and turns with rides...etc

**VII. Gratitude ~**

~ always say thank you ~ treat the things people give you with care ~

**VIII. Perseverance ~**

~ 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 chores are assigned to you. Every day. Without being reminded.

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

Notes and comments: \_\_\_\_\_

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Parent signature \_\_\_\_\_

STUDENT NAME \_\_\_\_\_