

Teens and Adults Gold Merit Stripe Form

The purpose of the Gold Merit Stripe is for you to attest that over-all, you are practicing the principles learned in martial arts at home, and have been completing at-home practice using the videos on our website or YouTube page. At-home practice can be 5 as little as minutes a day. 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. 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.

This stripe cannot be earned early! It is for the entire 8 week belt cycle. You will turn this in once your instructors begin the test preparation weeks.

Please use a CHECK MARK to indicate that you have practiced each category week by week.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
At-home practice								
Discipline								
Respect								
Honesty								
Courage								
Patience								
Generosity								
Gratitude								
Perseverance								

*****DUE THE WEEK OF DEC 6TH, 2021*****

*****CANNOT BE TURNED IN EARLY!!*****