

ZERO RULE!

YOUR PERSONAL DISCIPLINE WORKSHEET

Explanation: Zero Rule is doing something you are supposed to do without mom or dad having to tell you to do it (sit down with your parents and make a sample list to work from).

Instructions: Follow the ZERO RULE! And when you do, have mom or dad note what you did and when. If mom and dad catch you doing the ZERO RULE five times this week—YOU EARN YOUR WHITE BELT!

TASK	DATE	MOM/DAD INITIALS
1, _____	_____	_____
2, _____	_____	_____
3, _____	_____	_____
4, _____	_____	_____
5, _____	_____	_____



Mom and Dad,
Karate is not just kicks and punches! We work on the life skills and leadership development that kids need to succeed. Please take the time to fill out this worksheet so we can recognize your child for his/her efforts.

This is a great way to set a good tone for your child's karate training!