

Student Name _____

To Earn your WHITE BELT at your next class... Practice Using Your 7 Magic Words for Respect, Memorize and recite the Mile High Karate Student Creed and Complete your Self Discipline Sheet below by doing 6 things to help out without anyone asking you.

7 Magic Words for Respect

Yes Ma'am / No Ma'am
Yes Sir / No Sir

Please / Thank You
You're Welcome



Mile High Karate® Creeds

Memorize for Class

1. "I develop myself physically and mentally, based on the MILE HIGH KARATE SPIRIT."

2. "I will only fight to protect my life and the lives of others."

3. "I achieve my fullest potential in developing Knowledge, Honesty, and Strength."

Self-Discipline Sheet

Write something that you did around the house or at school that you did not have to be told to do by your parents or your teachers. Adults write your action steps taken towards achieving a specific goal.

GOAL _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Parent signature/date _____