



## Take the Self-Discipline Challenge!

**“Self-Discipline is when you control your behavior without being told what to do”**

Karate kids learn to have strong self-discipline. Having self-discipline means doing the things we know we are supposed to do without being told what to do. And we do it without being repeatedly asked or reminded. Kids also learn to have better control with their words and behavior.

**Describe one time when you used self-discipline either in your karate class, at home or at school.**

*Use the Life Skill Adventure Map to complete all 8 Challenges and earn a prize!*

**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_