

# ACTIVE LIFE SKILL TASK

## Yellow Stripe Requirement



NAME \_\_\_\_\_

When outside of the school students must demonstrate the leadership traits of Discipline, Belief, Communication, Respect, Self Esteem, and Honesty. This will earn you a life skill stripe on your belt. Juniors (ages 12-under) must submit a written note from parents; just fill out the form below. Teen and adults must submit three goals.

**This completed form is required by the first week of the cycle in order to achieve the next rank.**

### Parent's recommendation for lifeskill stripe.

Please write an example of how your child has demonstrated his/her current life skill at home:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**For students 13-up:** Submit three goals to work on by your next belt. Use the numbers above to write one goal in each of the following areas: Martial arts, personal/family, career/education.

This is to recognize and find something positive that is already going on. We are not trying to create an expectation of perfection, but awareness of the greatness we want to see continue.