



Mastery Life Skill Task

Yellow Stripe Requirement

When outside of the school students must demonstrate the leadership traits of respect, discipline, self-esteem, honesty, belief, and communication. This will earn you a yellow 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 to work.

This is required the first week of the new cycle in order to achieve the next rank.

Parents recommendation for yellow stripe

Please write an example of how your child has demonstrated their mastery life skills 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 expectation of perfection, but awareness of the greatness we want to see continue.