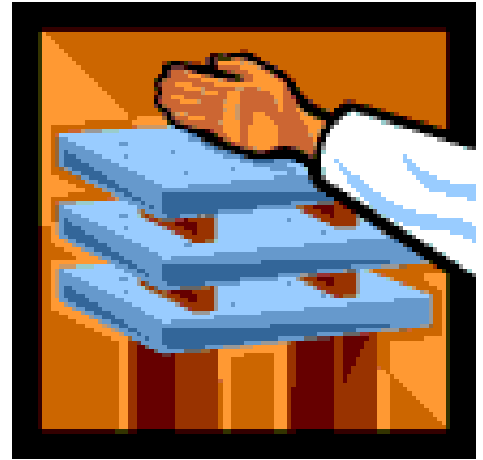




Name \_\_\_\_\_

Month / Year \_\_\_\_\_

# Commitment



## Helping Others

Part 1: Initiate or take part in a fund raiser, food/toy/game drives to help people in our community.

Part 2: Keep a journal once per week, every week while you are a Brown Belt w/Black Stripe on your personal page at [www.greenbaykarate.com](http://www.greenbaykarate.com) .

You will find a great reward in writing a few lines each week about your training for Black Belt, what you are feeling and how hard you are working to achieve your goal.