



## ACTS OF KINDNESS

Student Name: \_\_\_\_\_ Belt Color \_\_\_\_\_ Date \_\_\_\_\_

The following Acts of Kindness List is to be completed during the first four weeks of the testing cycle. This Acts of Kindness must be handed in during the second week (stripe week) to receive your P.A.S. Personal Achievement Stripe and to be eligible for rank promotion. Beginner belts need two Personal Achievement Stripe. Intermediate belts need three Personal Achievement Stripes. Advanced belts need four Personal Achievement Stripes.  
(Personal Achievement Stripe Is a *Green Stripe*)

List your Acts Of Kindness.

|     |
|-----|
| 1.  |
| 2.  |
| 3.  |
| 4.  |
| 5.  |
| 6.  |
| 7.  |
| 8.  |
| 9.  |
| 10. |

Authorized By: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent or Guardian)