



GREEN ENVIRONMENTAL STAR

Self Defense is not only about protecting yourself, but also protecting those that can't stand up for themselves. Our planet needs help! As a family, please look over the list and pledge to do as much as you can to help save Mother Nature! Once completed, return to your Instructor and receive your Green Star.

Our family pledges to do 5 of the following:

- Change our light bulbs to CFL or LED.
- Adjust thermostat to save energy.
- Reduce water heater temperature.
- Do laundry in cold water.
- Run dishwasher and clothes washer only when full.
- Turn off water when brushing teeth.
- Turn off lights and electronics when not in use.
- Take used clothing to local textile collection bins.
- Use ceramic (not paper or plastic) cups, utensils and plates.
- Use reusable shopping bags.
- Use discarded paper or scrap paper.
- Walk or ride a bike instead of driving once a week / Carpool.
- Shop locally to save auto fuel.
- Buy produce at a Farmer's Market/
- Recycle.
- Use a reusable water bottle instead of buying bottled water.

Remember: All Master's Club students must have earned at least one color of each star in order to be eligible to test for their Black Belt, so don't wait to get them done!