

Black Belt Credits



ATTENDANCE CREDITS are earned by regularly attending at least **Three (3)** classes each week.

- You require **ONE (1)** Attendance Credit at this level.



EDUCATIONAL CREDITS are earned by participating in events outside of your scheduled classes.

- You require **THREE (3)** Black Belt Educational Credits at this level.



LEADERSHIP CREDITS are earned by assisting in junior level classes.

- You require **TWO (2)** Black Belt Leadership Credits at this level.



GRADING AUDITS are earned by participating in Kyu Belt Gradings as a non-grading student.

- You require **TWO (2)** Black Belt Grading Audit Credits at this level.



PRACTICUMS are training sessions to prepare Shodan Candidates for their Black Belt grading.

- You are required to have attended no less than **SIX (6)** Second Kyu Practicums at this level.

AMA VALUE: RELIABILITY

1. In 100 words or less, describe how the Martial Arts helps you demonstrate and exercise RELIABILITY.

KARATE TERMS

Translate the following from Japanese to English, and expand to reflect your personal understanding of these terms.

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|-----------|-----------|
| 1. Sempai | 2. Renshi |
| 3. Shihan | 4. Sensei |

SHORT ESSAY "Four things Karate has taught me."

Reflecting on your years of training, there many things you have learned about yourself, others and the Martial Arts. Please share four that are the most relevant to you now.

MARTIAL ARTS RESUME

Please include your updated *Martial Arts Resume*.

BLACK BELT CREDITS

1. What classes do you attend weekly?
2. You require a minimum of **THREE (3)** Educational Credits at this level.
3. You require a minimum of **TWO (2)** Leadership Credits at this level.
4. You require a minimum of **TWO (2)** Grading Audits at this level.
5. You require a minimum of **SIX (6)** Practicums at this level.

Please hand in or email these written requirements to your Dojo.



KARATE makes everything better

THE ACADEMY OF MARTIAL ARTS **AMADOJO.COM**