

# 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 Credit at this level.



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

- There are no Grading Audit requirements until after you have earned your Second Kyu.



**PRACTICUMS** are an essential part of training for Second and First Kyu students. These training sessions prepare Shodan Candidates for their Black Belt grading.

- There are no Practicum requirements until after you have earned your Second Kyu.

## AMA VALUE: EXCELLENCE

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

## KARATE TERMS

Translate the following from Japanese to English:

- |               |                          |
|---------------|--------------------------|
| 1. Goju Ryu   | 2. Jiu Jitsu             |
| 3. Tai Sabaki | 4. Karate Ni Sente Nashi |

## SHORT ESSAY (One Page)

Please write a essay titled, *"What Karate means to Me"* This should be a reflection of your personal Martial Arts journey.

## GOALS

Your Martial Arts education is entering a new chapter. Brown Belt training is focused on developing strong Black Belts.

Please submit three (3) Martial Arts training goals for each of the following timelines: 3, 6 & 12-Months, along with your action plan to achieve them.

## 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 Credit at this level.

**2 Credits = 40-Hours of Assisting**

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



**KARATE** makes everything better

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