

## 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 learning opportunities outside of your scheduled classes: Private Lessons, Seminars, Lectures, Tournaments and Karate Camps.

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



**LEADERSHIP CREDITS** are earned by assisting in junior level classes. Students helping students in the ranks below them is the Karate way.

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

### AMA VALUE: DETERMINATION

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

### KARATE TERMS

Translate the following from Japanese to English:

- |          |           |
|----------|-----------|
| 1. Kime  | 2. Bunkai |
| 3. Mukso | 4. Kiai   |

### BOOK REPORT

Please write a report on one of the books found on the AMA recommended reading list.

Here are some reflection questions to help you with your report.

1. What did this book mean to you?
2. How does this book relate to your own experiences, or how can you apply lessons learned in this book to your daily life?
3. What lesson will you be taking away with you from this book?
4. What was the premise of this book and how does it impact or inspire you?

### 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.
- These credits are earned by assisting in junior level classes.

**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**