

# Black Belt Credits



**ATTENDANCE CREDITS** are earned by regularly attending at least **Two (2)** 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 **TWO (2)** 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 earn **ONE (1)** Leadership Credit for every 20-hours of assisting classes.

- There are no Black Belt Leadership Credits needed until after you have earned your Green Belt.

## AMA VALUE: PATIENCE

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

## KARATE TERMS

Translate the following from Japanese to English:

- |              |             |
|--------------|-------------|
| 1. Hiza Geri | 2. Mae Geri |
| 3. Yoko Geri | 4. Fumakomi |

## CLASS NOTEBOOK

Share three things you have written in your notebook, and why they are important to you or your training.

## MARTIAL ARTS RESUME

Your *Martial Arts Resume* is your training history. As you progress forward you will be asked to include an updated *Martial Arts Resume* with your written requirements for each belt.

This should include: your Martial Arts reading list, a timeline of your journey from White Belt to Black Belt and beyond, a list of all your educational credits, and any personal achievements reached along this journey that you wish to share.

Beginning from your first class to where you are today, please include your updated Martial Arts Resume with your written requirements for this belt.

## BLACK BELT CREDITS

1. What classes do you attend weekly?
2. You require a minimum of **TWO (2)** Educational Credits at this level.
3. Leadership Credits will become a requirement after this belt. Please speak with your Sensei to find out how you can help in classes.

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



**KARATE** makes everything better

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