

# Black Belt Credits



**ATTENDANCE CREDITS** are earned by regularly attending the classes in your program 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 **ONE (1)** Black Belt Educational Credit 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. This practice develops responsibility and leadership skills in its participants.

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

## AMA VALUE: HONESTY

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

## KARATE TERMS

Translate the following from Japanese to English:

- |                |               |
|----------------|---------------|
| 1. Gedan Barai | 2. Jodan Uke  |
| 3. Kake Uke    | 4. Hariatoshi |

## GOALS / VALUES

Successful goals always align with your values. Take a look at this short list of values and choose five (5) or more that connect with you. As you set your goals for Green Belt, take these values into consideration.

- Family • Fitness • Focus • Fun • Respect • Honour • Integrity • Laughter
  - Friendship • Excellence • Attitude • Achievement • Challenge • Giving
- Feel free to include any value you hold that is not found on this list.

Please include three (3) GOALS that you will achieve before Green Belt in your written assignment along with the values they support.

## BRING A NOTEBOOK TO CLASS

If you don't already, you should start to bring a notebook to class. This is an excellent way to journal your Martial Arts journey and to capture important takeaways discussed in class.

## BLACK BELT CREDITS

1. What classes do you attend weekly?
2. You require a minimum of **ONE (1)** Educational Credit at this level. Please list this extra-curricular Karate event with your written assignment. Keep a record of this event for your *Martial Arts Resume*.

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



**KARATE** makes everything better

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