


Black Belt Credits


At each level in our training there are technical requirements you are marked on:

- Basics (Karate Skills), Self-Defence and Kata.


As you progress through the belts, special training events will also become an important part of your Martial Arts experience.

 **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 at this level.

AMA VALUE: RESPECT

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

KARATE TERMS

Translate the following from Japanese to English:

- | | |
|----------------|-------------------|
| 1. Heiko Dachi | 2. Sanchin Dachi |
| 3. Kiba Dachi | 4. Zenkutsu Dachi |

GOALS

A GOAL is a desired result that you visualize, create a strategy to reach, work towards and are committed to achieving by a specified date. At its core Martial Arts training is GOAL oriented, with each belt offering a fixed target that moves you closer to reaching your Black Belt.

At this point, Yellow Belt is within reach, therefore we are asking you to look a little further. Please provide three (3) GOALS that you will achieve before Orange Belt and include your plan of action to accomplish them.

GOALS from any these areas can be used for this assignment.

- Nutrition • Fitness • Health • Learning • Family • Career • Travel
- Financial • Artistic • Attitude • Pleasure • Community Service

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.

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



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