

Dear Student and Parents,

On behalf of all AMA students and instructors I would like to welcome you to the Academy of Martial Arts.

Today you are a beginner; however, I see you as one of our newest Black Belt candidates. The belt you wear around your waist today only represents how far along this journey you have traveled, so far. With every class and every belt promotion you are getting closer and closer to Black Belt.

At the beginning of this journey everything is new, unfamiliar and perhaps a little overwhelming. Be patient, take it one class at a time, have fun, make new friends, and soon you will be surprised by how far you have come.

We will continually monitor your improvement as you train, and soon you will be invited to grade for your next Karate Belt. Gradings are an event where families get to see your Martial Arts skills and support you in this journey.

Gradings test your physical skills and more. Most of our levels include written assignments and some extracurricular training too. Your first grading will be for your Advanced White Belt. We only ask that you enjoy your training and try your best for this belt.

There are no written requirements for Advanced White Belt. I would recommend; however, that you look ahead to see the grading requirements for your following belts, (Yellow, Advanced Yellow, Orange...) to see what is next.

The final piece of advice I would like to offer you today is; if you have any questions, just ask. Every Black Belt was once a White Belt. They have been right where you are now and can be very helpful, if you ask.

Shihan Cyr

AMA Founder

Black Belt Credits

*At each level in our training there are technical requirements: Basics (Karate Skills), Self-Defence and Kata. In addition there are special training experiences needed to progress. **These are your Black Belt Credits***



ATTENDANCE CREDITS Your *Black Belt Attendance Credit* is earned by regularly attending the classes in your program each week.

- You require **ONE (1)** Attendance Credit at this level.



EDUCATIONAL CREDITS These are earned by participating in learning opportunities outside of your scheduled classes. Private Lessons, Seminars, Lectures, Tournaments and Karate Camps; are some of the ways you can earn *Black Belt Educational Credits*.

- There are no Black Belt Educational Credits needed at this level.



LEADERSHIP CREDITS 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.

KARATE makes everything better

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