

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.

- *There are no Black Belt Educational Credits required 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

Values are an important part of your training at the Academy of Martial Arts. Please tell us what this value means to you.

1. What does Respect mean to you?
2. What happens if you don't show Respect?
3. How do you practice Respect?

KARATE TERMS

Translate the following from Japanese to English:

1. What does *Gi* mean?
2. What does *Obi* mean?
3. What does *Yame* mean?

BLACK BELT CREDITS

1. What classes do you attend weekly?
2. You do not require any Educational Credits at this level. If you have attended any special Dojo activities please let us know.

Note to Parents of younger children.

Mom, Dad, please discuss the AMA Values with your child, and help them with these and any of the questions in this written assignment.

Please hand in these requirements on or before the grading or they can be emailed to your Dojo.



KARATE makes everything better

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