

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 **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: DETERMINATION

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 Determination mean to you?
2. What can happen if you are not Determined?
3. How do you practice Determination?

KARATE TERMS

Translate the following from Japanese to English:

1. What does *Kosen Bujutsu* mean?
2. What does *Shihan* mean?

SHORT ESSAY (Half Page)

Please write a report titled, *"What Karate means to Me"*

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.
3. Remember to add your credits to your Martial Arts Resume.

BRING A NOTEBOOK TO CLASS

If you don't already, you should start to bring a notebook to class. There may be some notebook related questions in the future.

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



KARATE makes everything better

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