

## 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 **TWO (2)** Black Belt Educational Credits 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: SELF-DISCIPLINE

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 Self-Discipline mean to you?
2. What can happen if you lack Self-Discipline?
3. How do you practice Self-Discipline?

### KARATE TERMS

Translate the following from Japanese to English:

1. What does *Ju Jutsu* mean?
2. What does *Renshi* mean?

### GOALS

Please write **3 - Six Month Goals** and **3 - One Year Goals**, along with a action plan to achieve them.

### BLACK BELT CREDITS

1. What classes do you attend weekly?
2. You require a minimum of **TWO (2)** Educational Credits at this level.
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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