

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. You earn **ONE (1)** Leadership Credit for every 20-hours of assisting classes.

- There are no Black Belt Leadership Credits needed until after you have earned your Green Belt.

AMA VALUE: EXCELLENCE

Values are an important part of your training at the Academy of Martial Arts.

1. What does Excellence mean to you?
2. What can happen if you lack Excellence?
3. How do you practice Excellence?

KARATE TERMS

Translate the following from Japanese to English:

1. What does *Kobudo* mean?
2. What does *Karate Ka* mean?
3. What does *Kumite* mean?

CLASS NOTEBOOK

Share three things you have written in your notebook.

MARTIAL ARTS RESUME

Please include your updated *Martial Arts Resume*. This should include: your Martial Arts reading list, an outline your training history (when you earned your belts and a list of educational credit events attended).

BLACK BELT CREDITS

1. What classes do you attend weekly?
2. You require a minimum of **TWO (2)** Educational Credits at this level.
3. Leadership Credits will become a requirement after you have earned your Green Belt. Please speak with your Sensei to find out how you can help in classes.

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**