

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.

- You require **ONE (1)** Black Belt Leadership Credit at this level.

AMA VALUE: ASSERTIVENESS

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

1. What does Assertiveness mean to you?
2. What can happen if you are not Assertive?
3. How do you practice Assertiveness?

KARATE TERMS

Translate the following from Japanese to English:

1. What does *Samurai* mean?
2. What does *Kaizen Do* mean?

SHORT ESSAY (Half Page)

Please write a report titled, *"The Four Possessions of a Samurai"*

Detailing each of the four possessions and describe what they mean to you.

BLACK BELT CREDITS

1. What classes do you attend weekly?
 2. You require a minimum of **TWO (2)** Educational Credits at this level.
 3. You require a minimum of **ONE (1)** Leadership Credit at this level.
- These credits are earned by assisting in junior level classes.

1 Credit = 20 Hours of Assisting

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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