

Black Belt Credits



ATTENDANCE CREDITS are earned by regularly attending at least *Three (3)* 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 *THREE (3)* 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 *TWO (2)* Black Belt Leadership Credit at this level.

BOOK REPORT

Please write a report on one of the books found on the AMA recommended reading list.

Here are some reflection questions to help you with your report.

1. What did this book mean to you?
2. How does this book relate to your own experiences, or how can you apply lessons learned in this chapter to your daily life?
3. What lesson will you be taking away with you from this book?
4. What was the premise of this book and how does it impact or inspire you?

GOALS

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

MARTIAL ARTS RESUME

Please include your updated *Martial Arts Resume*.

BLACK BELT CREDITS

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

2 Credits = 40 Hours of Assisting

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



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