

Student Name: _____

**CD Young's Karate in Henderson
Martial Arts and Student Leadership Development**

Martial Arts Skill Set Development

What is the most important thing you have learned through your martial arts? Why is it so important to you?

How do you show your passion for martial arts to other students?

List and write out the steps in the proper order of one-step defense for your color belt and the color below you.

Your Color Belt	The Color Belt Below you

The most important thing we do for our training is practice on our own. List 4 times you practice before testing and record them using a phone/video camera. Make sure your parent initials your practice time by showing them what you accomplished.

What Date Did You Practiced?	What did you work on?	How Long did you practice?	You should record this practice. Did you?	Have your parent initial your practice?
1)				
2)				
3)				



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**Required HW. Due Prior to Each
Testing Registration**



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Leadership Skill Development

Why is student leadership so important to our karate community?

Give a specific example of a student who has shown a leadership trait in your class? What did they do? How did it impact the class?

When do you think Master Young expects the most effort in your leadership development? What makes this moment so important?

If you could give a white belt one piece of advice about being a martial artist, what would you share with them?

How has your growth in martial arts changed how you act away from our school?



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