

Name: _____

Date: _____

Your Continuing Training as a Black Belt

There are 9 major life skills that we teach along with our forms, one-steps/sparring and self defense. They are Courtesy, Respect, Attitude, Goals, Self-Control, Perseverance, Integrity, Honor and Loyalty. Wow - look at what you have accomplished! All 9 color belt forms, 7 of them include one-steps or sparring segments, plus learning a black belt form. You have sparred, broken boards, learned basic weapon control. When you began this journey, did you see yourself at this point - a black belt? We hope so, and we are hoping that you continue your martial arts training maybe all the way to 8th degree black belt!

This is a good time to reflect on what you have gained using our life skills. Rather than focus on only one life skill, we ask that you think about all of them as well as the skill you have gained in martial arts. Using the back of this paper (or a separate sheet) please write a short essay telling us what it means to you to be a black belt. Some ideas include: why did you begin your training, what physical skills have you gained, how have you used the life skills outside of our school, what are your future martial arts goals? Why have you continued on past 1st degree?

Please turn in this paper before testing for your next rank.

Parent signature: _____