

Name: _____

Date: _____

Your Route to 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. You have sparred and broken boards. When you began as a white belt, did you see yourself at this point - a 1st degree black belt recommended? We hope so, and we are hoping that you continue your martial arts training past 1st degree black belt decided. That truly is a new beginning.

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 become 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?

Please turn in this paper before testing for your black belt.

Parent signature: _____