



Adult White Belt

Congratulations for making the decision to begin the path to Black Belt! There are minimum requirements to meet at each level. By meeting these requirements you will maximize your knowledge and education along the way to reaching your goal.

Your test is due prior to testing. By receiving your grading recommendation you have demonstrated you are ready to move to the next level. You will have a physical and written test requirement at each level. Your present belt is the test that applies to this grading.

Attendance Requirement:

Achieved by attendance averaging twice per week

Leadership Requirements/Reading Requirements:

No Leadership or Reading Requirements are required at this belt level

Educational Requirement:

No Educational Credit is required at this belt level

Write a 100 word essay on why you chose the martial arts.

Define the following Terms and/or answer the following:

Rei: _____

Dojo: _____

Taikyokyu Gedan: _____

Taikyoku Chudan: _____

Taikyoku Jodan: _____

Kata: _____

Goju Ryu: _____

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