



Kids & Adult Green 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

20 Hours of Volunteer Hours. These hours are tracked by writing the hours after each assisting class in our Volunteer book with a Black Belt Signature. All assisting classes need to be approved by Sempai or Sensei before starting to assist.

Educational Requirement

Two educational credits are required. This can include Private Lessons, Seminars, or Tournaments. One credit applies to each event.

Topic (s): _____ Instructor: _____ Date _____

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Write a 100 word essay on the history of Goju Ryu Karate

Martial Arts Resume listing all seminars, grading's, and all of your martial arts experience since you started your journey to black belt

Define the following Terms and/or answer the following:

Saifa _____

Budo _____

Osu _____

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