



## **Kids & Adults Blue 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:**

Three 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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### **Reading Requirements**

None at this level.

**In 100 words or less describe how The Martial Arts helps you demonstrate and exercise SELF-DISCIPLINE.**

**Updated Resume: Listing all seminars, gradings and all of your martial arts experience since you started your journey to black belt**

### **Goal Setting:**

5 Year Plan; including Training, Personal, Work, School, or Health/Fitness.

- 6 Month Deadline (include 3 goals)
- 1 Year Deadline (include 3 goals)
- 3 Year Deadline (include 3 goals)
- 5 Year Deadline (include 3 goals)

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