



BLACK BELT SKILLS SHEET



HONOR BENEVOLENCE COURAGE
HOME/SCHOOL APPROVAL FORM

BLACK BELT EXCELLENCE

MONTHLY THEME

Belt Testing (Shōkyū Shinsa)

Belt testing is a significant milestone in a karate student's journey, marking their progress and dedication to the art. It is more than just a demonstration of physical techniques; it reflects the student's discipline, focus and understanding of karate's principles. The test is designed to challenge their skills, endurance and mental strength. The experience teaches humility, perseverance and respect.

"A belt test is not about proving perfection, but proving your spirit to keep moving forward."
-Shorin-ryu Teaching

1) List all of the requirements that you are going to be tested on this month. (hint: visit maimembers.com)

2) What is your *strongest* of these requirements?

3) What is your *weakest* of these requirements?

4) What are you doing to *strengthen* this weak requirement?

5) What can you do to improve upon your day to day training?

This Black Belt Excellence sheet is REQUIRED for belt promotion. Students must turn in the completed form on time. Sheets should be in each student's hand at the beginning of class. A black stripe will be awarded at that time. Three black stripes must be earned before belt testing day.

Student Name: _____

Student Rank: _____

Parent Signature: _____

THIS SHEET MUST BE TURNED
IN BY THE 20TH OF THE MONTH!
Remember that these sheets are
YOUR responsibility and not your
parent's!

