



# 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](http://maimembers.com))

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

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

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

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

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**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!