



BLACK BELT SKILLS SHEET



BLACK BELT EXCELLENCE MONTHLY THEME

HOME/SCHOOL APPROVAL FORM

Attitude (Taido)

In Shorin-Ryu, attitude reflects kokoro- the heart and spirit behind every movement. A positive focused attitude shows respect for the dojo, the instructors and the dojo itself. More importantly, it shows respect for your own potential. When a student trains with humility, effort and an open mind, even difficult techniques become opportunities to improve. In karate, attitude isn't something you switch on for class, it's a mindset you carry into every punch, every kata and every part of life.

“Your attitude is the foundation of your technique; without the right spirit, no movement has meaning”
-Chibana Choshin (Founder of Kobayashi Shorin-Ryu)

1) Write down how a negative attitude did NOT help you at:

School _____

Home _____

Karate _____

2) Write down how a positive attitude DID help you at:

School _____

Home _____

Karate _____

3) Why is having a positive attitude important for your Karate training and for life?

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!