



BLACK BELT

SKILLS SHEET

MARTIAL ARTS INTERNATIONAL
ANAHEIM-YORBA LINDA
(714) 777-5599

HONOR

BENEVOLENCE

COURAGE

BLACK BELT EXCELLENCE PROGRAM

BLACK BELT EXCELLENCE

MONTHLY THEME

BELT TESTING

(Shōkyū Shinsa)



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

WHAT IS BELT TESTING?

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.

KEY POINTS

- ▶ **Progress** – Shows your hard work and dedication.
- ▶ **Discipline** – Demonstrates your commitment to training.
- ▶ **Knowledge** – Tests your understanding of techniques and principles.
- ▶ **Character** – Builds humility, perseverance and respect.
- ▶ **Next Step** – Earning your next belt brings new challenges and growth.

THIS BLACK BELT EXCELLENCE SHEET IS REQUIRED FOR BELT PROMOTION.

Students must turn in a 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.

THIS SHEET MUST BE RETURNED BY THE 20TH OF THE MONTH.

Remember, these sheets are **YOUR** responsibility and not your parents!



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IN THE DOJO AND IN LIFE.





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BLACK BELT EXCELLENCE – BELT TESTING (Shōkyū Shinsa)

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?

Student Name: _____

Student Rank: _____

Parent Signature: _____ Date: _____

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