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

RESPECT

(Sonkei)



"In Shorin-ryu, respect is the first stance you take and the last lesson you master"
-Shorin-ryu Teaching

WHAT IS RESPECT?

In Karate, respect is one of the most important foundations of training. Students show respect each time they bow when entering the dojo, greeting their instructors and working with partners. Respect means recognizing the value of others—their effort, their knowledge and their willingness to train alongside you. It also means controlling your attitude, using discipline, and treating everyone with dignity…no matter the belt rank or experience.

SHOW RESPECT EVERY DAY

- **Courtesy** – Bow, greet others and listen carefully.
- **Discipline** – Control your attitude and actions.
- **Dignity** – Treat everyone well, whatever their rank.

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!

HONOR BENEVOLENCE COURAGE

FOCUS. TRAIN. IMPROVE. SUCCEED. IN THE DOJO AND IN LIFE.

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BLACK BELT EXCELLENCE – RESPECT (Sonkei)

1 What does respect mean to you and how do you show it in the dojo?

2 Give an example of when you showed respect this week:

3 How can you show more respect at home or school?

Student Name: _____

Student Rank: _____

Parent Signature: _____ Date: _____

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