

ACTION KARATE



Black Belt Responsibility Training



Congratulations! You have proven that you possess many character traits of a Black Belt. To achieve your level of training takes dedication and perseverance. But you're not done yet. You are now ready to start your Black Belt Responsibility Training. Your Black Belt Pre-Test will be here before you know it and you know the old saying "inch by inch is a cinch." Start 'inching' your way to Black Belt starting TODAY and EVERYDAY because now it's time to step up, now it's time to get ready – not next year, next month or next week but NOW!

Mandatory Black Belt Responsibility Training

Brown Belt (3rd kyu)

Daily BBR

1. 10 push ups
2. 20 sit ups
3. all universal and weapons forms (1 x each)
4. 1 extra chore per day

Student Name _____

Parent's Initials Stripe one _____ Stripe two _____ Stripe three _____

Brown & Black Belt (2nd kyu)

Daily BBR

1. 20 push ups
2. 30 sit ups
3. all universal and weapons forms (1x each)
4. 1 Act of kindness

Student Name _____

Parent's Initials Stripe one _____ Stripe two _____ Stripe three _____

Red & Black Belt (1st kyu)

Daily BBR

1. 30 push ups
2. 50 sit ups
3. All universal and weapons forms (1x each)
4. All self defense techniques on both sides (1 x each)

Monthly BBR

1. One act of community service (that's one per month)

Student Name _____

Parent's Initials Stripe one _____ Stripe two _____ Stripe three _____
