



# Confidence

*To believe in yourself.*

To complete your tip test, explain how the current life skill is helpful in life and provide examples of how you have or can demonstrate the current Life Skill focus at the karate academy, regular school and at home. Once completed return it to one of the lead instructors to earn your next Life Skills Tip.

Why is this life skill important? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Examples

**Karate Academy:** \_\_\_\_\_  
\_\_\_\_\_

**School:** \_\_\_\_\_  
\_\_\_\_\_

**Home:** \_\_\_\_\_  
\_\_\_\_\_

Student Name: \_\_\_\_\_

Current Rank: \_\_\_\_\_ Belt Size: \_\_\_\_\_

“The Ultimate aim of Karate lies not in the victory or defeat, but in the perfection of the character of it’s participants.” ~ Gichin Finakoshi