



# United Academy of Martial Arts

## Life Skills Tip Form – Cycle 1

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

Uniform Size (needed for rank promotion): \_\_\_\_\_

# Optimism

*To have Hope, Confidence, and a Positive Attitude*

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?

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**What are you Optimistic about with the following:**

**Karate Academy:**

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**School:**

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**Home/Community:**

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“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