



United Academy of Martial Arts

Cycle 4 – Life Skills

Student Name: _____

Tips earned: Blue ___ Red ___ Belt Size if being promoted _____

Practice

To do something over and over again until you are good at it.

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:

“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