



BLACK BELT CLUB

COMMITMENT SHEET

Congratulations on taking this major step towards achieving your goals! Achieving the rank of Black Belt is a major accomplishment that takes years of learning, perseverance, and is very individual in nature. As important as the actual rank of Black Belt, is the journey each student takes to get there. Our hope is that the Black Belt Club makes the journey fun, meaningful, and focused actively around each individual student.

Fill out the following questions to help you focus your goals, and reflect on your current and upcoming martial arts journey.

1. WHY IS BECOMING A BLACK BELT IMPORTANT TO YOU?

2. WHAT ARE SOME WAYS THAT YOUR TRAINING TO BE A BLACK BELT MAY HELP YOU IN THE WORLD OUTSIDE OF THE KARATE SCHOOL?

3. WHAT ARE SOME OF THE THINGS YOU LOVE ABOUT KARATE?



4. WHAT ARE SOME CHALLENGES OR OBSTACLES YOU MAY MEET ON YOUR WAY TO BLACK BELT?

5. WHEN YOU FACE AN OBSTACLE, WHAT ARE SOME THINGS YOU CAN DO/TELL YOURSELF TO HELP YOU TO PERSEVERE AND STAY FOCUSED ON YOUR GOAL?

6. WHO ELSE CAN SUPPORT YOU ON YOUR JOURNEY?

7. HOW CAN SENSEI JENNY HELP YOU? IS THERE ANYTHING ELSE YOU WANT SENSEI JENNY TO KNOW?

Please read, sign, and date below, and return to Sensei Jenny.

"I hereby commit to doing my best to learn and grow, both in and outside of my karate training. I desire to take an active role in my journey to Black Belt, and will have an awesome, fun, and one-of-a-kind experience on the way."

Student: _____ Date: _____

Parent: _____ Date: _____

Instructor: _____ Date: _____