



BLACK BELT CLUB

WHAT IS IT?

The Black Belt Club is an optional club for students, which is meant to give extra support and guidance to those who are especially interested in working towards their black belts. There is no cost to be in the Black Belt Club. Students who are in the club:

- complete a goal-setting worksheet, for the goal of eventually achieving their black belt
- complete a short self-reflection every quarter of training- reflecting on what they have enjoyed about training, how they see it helping them in their lives outside of karate, if they met any challenges that quarter, how they responded to those challenges, and also reflect on something they are looking forward to in their training
- students in the Black Belt Club will meet live (virtually) once per quarter outside of regular classes as a group with each other and with Sensei Jenny as a facilitator, to chat about all things karate, hang out to build camaraderie, and have the option to share any of their self-reflection for the quarter
- Black Belt Club students will also be mailed a patch that can be sewn on their uniform

WHO IS IT FOR?

Any student who has the goal of eventually achieving their black belt, who wishes to have an active role in their own personal development and growth.

HOW DO I PARTICIPATE?

Just send an email to Sensei Jenny! We will get you started. You can join at any time during your training.

WHY JOIN THE BLACK BELT CLUB?

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.

DO I NEED TO PARTICIPATE?

This is not a required club. All students have different goals (which can change over time), and not participating does not make a student's martial arts experience any less meaningful.