

CONDITIONAL BLACK BELT

FITNESS
(jumping jacks, push-ups, crunches, side kicks, front kicks, punches (x2), leg lifts, mountain climbers, & side kick hold)

110

WORD OF THE BELT: **POSITIVE SELF-DIMENSION**

Winning Black Belts are in harmony with themselves and their peers. Winners lead others by example and focus on helping others achieve success in their lives, earning love and respect.

FORM

- BASSAI DAI** TRADITIONAL JAPANESE FORM
- MARRIAGE OF EAST AND WEST** TO THE MUSIC OF BEETHOVEN'S 5TH SYMPHONY
- PAPUHAKU SHO** JAPANESE BO FORM

MY GOAL

TEST TIME!! DID YOU MEET YOUR GOAL?

- Yes! Not yet, still working on my goal!

