

LEGACY MARTIAL ARTS



EARNING YOUR WHITE BELT (TRAINING TIGERS PROGRAM)

Belts are never *given* they are always *earned*! Your child is eligible to test starting on the 3rd class.

Please have the student **submit** this sheet to the instructor before the beginning of the class when your child is ready to test. Hand it to the instructor with BOTH hands.

Part 1: The 9 seconds of Discipline

3 seconds at **Chario** (attention) *This means:* Being Focused

3 seconds at **Kyung-ye** (bow) *This means:* Showing Respect

3 seconds at **Chario** (attention) *This means:* Having a Good Attitude

Put a √ or a sticker!	Sun	Mon	Tues	Weds	Thurs	Fri	Sat
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

Part 2: Memorizing the First Part of the Student Creed

Line One: **To Build True Confidence through**

Line Two: **Strength** (*put right fist on chest*) **in My Body**

Line Three: **Honesty** (*put right hand [chop] on heart*) **in My Heart**

Line Four: **And Knowledge** (*put right hand [salute] by right eyebrow*) **in My Mind**

Student Name: _____ | Date: _____