



LEGACY MARTIAL ARTS

EARNING your WHITE BELT!



Belts are never *given*, they are always *earned*! Your child is able to test starting on the *3rd class*. Please **submit the practice chart on the next page to the instructor before the beginning of the class if your child is ready to test.**

Part 1: The 9 seconds of Discipline

- | | |
|--|---|
| 3 seconds at Chario (attention) | <i>This means:</i> Being Focused |
| 3 seconds at Kyung-ye (bow) | <i>This means:</i> Having Respect |
| 3 seconds at Chario (attention) | <i>This means:</i> Having Good Attitude |

Part 2: The positions

Shio Position *This means:* Having Patience

Smart Position
(criss-cross apple sauce, hands on knees, back straight, eyes on the teacher)

Star Bonus!

Recite the beginning of the Student Creed:

“To build true confidence

Through **Strength** in my **Body** (Right Fist on chest)

Honesty in my **Heart** (Right Hand Open on heart)

And **Knowledge** in my **Mind**” (Right Hand “salute” by eye)



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HOW TO TEST FOR YOUR WHITE BELT

(TINY TURTLES)

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

Keep track of how many times you practice in week! Put a sticker or a check mark in each box for each time you practice!

Name: _____

Date: _____