Ki·Do KARATE INC.

Requirements For First Rank – White Belt

1. Memorize the first line of the Black Belt Code (***I will use my Ki-Do to create positive thoughts and actions.***). The following is Ki-Do Karate's full Black Belt Code for reference. New students are NOT required to memorize the whole code, just the first line. Students under 6 are required to be able to repeat back to the instructor the first line of the Black Belt Code. The code is recited before each class to verbalize goals, a very important step towards achieving them.

Black Belt Code

I will use my Ki-Do to create positive thoughts and actions.
I will develop my courage, focus and discipline.
I will choose truth over lies, compassion over hate, peace over violence.
I am unique, talented, and motivated.
I am on a quest to be my best!

2. Do the assigned Karate Homework. The homework is one simple way we involve parents as we help their children to develop self-discipline, doing things without being told. Self-discipline is extremely important to reaching belt ranks in karate, as well as being successful in life. Any of the following may be modified or substituted to fit parents' desires. Parents please circle your rating for each task.

1. Stop and make eye contact when parents are talking.	Excellent Good Poor
2. Make bed in morning.	Excellent Good Poor
3. Help set table before meals.	Excellent Good Poor
4. Help clear table after meals.	Excellent Good Poor
5. Any substitutions:_____.	Excellent Good Poor

3. Perform all techniques to the best of the student's ability during the next beginner's class, show respect, self-control, confidence, use good listening skills and have fun!

Note to parents: Please complete and bring this form back to the next class. Because the next class is the White Belt Test, which is very exciting and important to the student, we strongly encourage parents and other people important to the student attend to show support.

White Belt Test is scheduled for _____ @ _____
If you have any questions or have to reschedule, please call (See phone numbers listed below).

Student's name _____

Parent's signature _____ Date_____