

# Choosing a Goal

*What do you want to be when you are a Black Belt?*

1. Circle 3 or more goals of being a Black Belt that are important to you.
2. Ask a parent to highlight or circle in a different color 3 or more goals of being a Black Belt that they believe are important for you.



Traditional Black Belt Goals	Black Belt <u>Leader</u> Goals
Blue bubbles are the common goals of becoming a black belt. Developing focus and building confidence being the most common.	Red boxes go beyond the traditional goals; they are goals for those aspiring to be Black Belt Leaders.

# Defining Why

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*Knowing why you want your goal will help you overcome any obstacle.*

1. Out of the 3 goals that you circled, write the most important 1 in the box to the left.
2. Out of the 3 goals that your parent highlighted, write the most important 1 in the box to the right.
3. Below each, write 2 reasons why this goal is important to you.

## Becoming a Black Belt

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graph TD; A[Becoming a Black Belt] --> B[Student Goal]; A --> C[Parent Goal]; B --> D[Write at least 2 reasons]; C --> E[Write at least 2 reasons];
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Student Goal:

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Write at least 2 reasons:

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Parent Goal:

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Write at least 2 reasons:

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# Setting a Deadline

*Goals are dreams with a deadline.*

Beginner Belt Bracket			
Rank	# of Classes Left	Rank	# of Classes Left
White 0 Stripes	600	Yellow 0 Stripes	560
White 1 Stripe	593	Yellow 1 Stripe	553
White 2 Stripes	586	Yellow 2 Stripes	546
White 3 Stripes	580	Yellow 3 Stripes	540
White 4 Stripes	573	Yellow 4 Stripes	533
White 5 Stripes	566	Yellow 5 Stripes	526
White 6 Stripes	560	Yellow 6 Stripes	520

Based on the chart above, what is the estimated number of classes you

need to take to get your black belt? \_\_\_\_\_

You can divide that number by the number of classes you take per year, to get an estimate on when you will get your black belt. Fill in the following 3 times based on how much training you do in a year?

Journey to Black Belt Plans	Training Schedule	Classes Per Year	How Many Years
When I Feel Like It	About 1 class per week	50	
Beginner Training	2 classes per week	100	
Black Belt Club or Leadership Team Training	2+ days of class per week 1 workshop a month	150	

For goal year, always round up to use that to set your goal year. (For instance if you expect to get your black belt in 2.2 years, you would write 2027 [because 2024 + 3 = 2027])

What year are you aiming for to earn your black belt? \_\_\_\_\_

# Identify Obstacles

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*Recognizing challenges allows you to turn them into opportunities to grow and learn.*

Every long term goal has obstacles on the path. Just like any time you drive to a store, you should expect to hit a couple of red lights. The question isn't IF you will hit an obstacle, the question is what are you going to do about it.

→Below are setbacks many students have in martial arts

→Circle the correct action when this setback happens!

<b>It's taking you more classes than normal to earn your stripe?</b>	Give up on Martial Arts because you will never get better.	Ask a Sensei what you can do to earn your stripe after class.
<b>If you know you are missing classes (not twice a week)</b>	Change nothing about the number of classes you go to.	Ask your parents when you can go to more classes
<b>If you get hurt or get sick for a long time and miss classes</b>	Go to class twice a week once you are healthy	Give up because you missed too much
<b>I don't want to go, class seems too easy.</b>	It must mean I'm too good, and class will always be boring. No Black Belt was ever bored, so I should quit.	Ask a Sensei what I need to work on for my next stripe. They will tell me what to fix, or just promote me.
<b>I don't want to go, class seems too hard.</b>	Ask a Sensei for help. They can help me learn the skills that are hard.	Anything that's hard is not for me. I should avoid coming to class to avoid the problem.
<b>I'm too busy right now.</b>	No Black Belt has ever gotten busy, I can't do this.	The Senseis have helped hundreds of kids who are busy to get their Black Belt. If I ask them for help they can help come up with a plan.

# Identify Allies

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*If you want to go fast, go alone. If you want to go far, go with a team.*

We have never met someone who earned their Black Belt all alone. With all of the obstacles along the way, you should expect that you will need help. Sometimes it's your teacher who supports you (extra help sessions, teaching you in class.). Sometimes it's your family (driving you, "forcing" you to go when you are being a bit lazy). Sometimes it's your friends in class (practicing with you, carpooling).

**Pick 3 people and ask them each this question:** Will you help me become a black belt, even when I'm having a hard time? If they say yes, have them sign or write their name below.

Sign or write your name below if you will help this student become a black belt.
1.
2.
3.

# Create a Plan

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*If you fail to plan, you plan to fail.*

Taking a few minutes to have a plan for the New Year is key to accomplishing your goals. Below fill out your training plan for January! We recommend having two main days you attend class, and a 3<sup>rd</sup> backup day for when you have to miss a class.

Beginner Training Plan	Day	Time
1 <sup>st</sup> Class of the Week		
2 <sup>nd</sup> Class of the Week		
3 <sup>rd</sup> Class or Backup Class		
Black Belt Club & Leadership Team Only		
Which January workshop do you plan to attend?		
Leadership Team Only		
Attend Leadership Team Class Before or After My Regular Class		