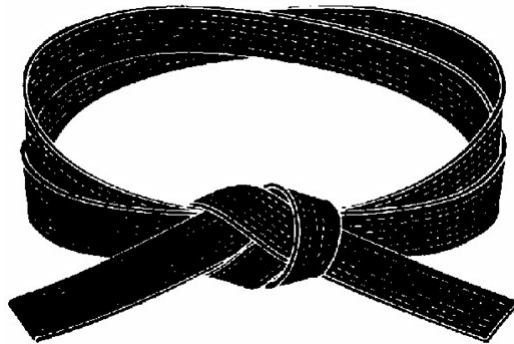


My Commitment To Black Belt



- I am 100% committed to achieving my black belt.
 - I keep my goal in clear focus in the forefront of my mind.
 - I take consistent and appropriate action towards my goal on a daily basis.
 - I do not use obstacles as an excuse to give up, instead, they become the fuel to drive me onwards and upwards towards my goal.
 - I believe that I already have everything within me that it takes to be a black belt, therefore, I choose to live and train as though I am already a black belt.
 - I have a strong team of supporters who give me the courage to move forward and pick me up when I am down.
 - I am always grateful and thankful for the encouragement and belief that my supporters have in me.
 - I do everything I can to encourage and support anyone who has the courage to follow in my footsteps.
- I will do whatever it takes to achieve my black belt, no matter how long it takes.**

Name: _____ Current Rank: _____

Signed: _____ Date: _____

Parent/Guardian's Signature: _____

If under 18 years of age.

