



# West Martial Arts

## **Student Notebook**

At West Martial Arts we require all of our students to have a martial arts notebook where they can keep track of all their activities related to martial arts.

Within this notebook, a student can keep a log or journal of what they have learned and accomplished during each testing cycle.

This notebook is also great for future reference as students gain higher belts and need to remember techniques learned in the past.

Your notebook can be a 3-ring binder, new or used. However, it should now only be used for martial arts as it will need to be turned in before each testing as a testing requirement.

## **Written Goals For Your Notebook**

It is commonly thought that writing down your goals is an important step on the road to achieving them. That is why at West Martial Arts it is the first thing your student notebook must contain.

A Goal is your vision for your future. A Goal is something you want to learn, improve on, and accomplish. Goals are a great motivational tool that will keep you striving to grow. Your list should include several short, mid, and long term goals. As you update your notebook you may realize that you have achieved a goal if that is the case be sure to set a new one. Having written goals provides you with the fundamentals for success.

Your notebook will act as a great resource for practicing at home. Practicing at home is very important; by practicing at home you will show noticeable improvements in your skill level.

## **Your Notebook Should Include**

1. A list of written goals.
2. Dated entries to provide a documented timeline.
3. Your notebook should be arranged so it is organized.
4. Journal entries on important class topics and discussions.
5. A list of past testing requirements.
6. Your notebook should include any awards or special recognition you have earned.
7. You should include any Katas, drills, and techniques you have learned.
8. We want to see pictures of you in action, receiving belts, and or awards.
9. You should also include any recommendations from your instructors on any improvements needed.
10. We also want to see your report card, because for every 10 A's you receive you will earn a star patch for your uniform.
11. Also include a list and pictures of any activities you are involved in that show the use of good character. (community service, helping others in need, etc. )
12. Include your responsibility/chore chart we will give you. It must be signed by your parents.