

# Congratulations!

I hope that you enjoyed your first Karate lesson! At the end of your second lesson, you will be eligible to test for your **WHITE BELT!** To qualify, you will need to know the three basic rules of the Martial Arts.

- 1. Never abuse your Martial Arts skills. (Don't use it the wrong way)**
- 2. Be respectful.**
- 3. Do your best.**

You will also be asked to demonstrate three basic stances.

- 1. Attention.** (Feet together, your hands at your sides, standing straight and still.)
- 2. Chun Bi.** (Feet apart, hands in fists at belt level.)
- 3. Fighting Stance.** (Right foot steps back, hands come up in a guard position.)

Also, see if you can think of any ways that you have used the second and third rule of the Martial Arts in your daily life since your last lesson!

## **SET A GOAL!**

Your goal is to get your **WHITE BELT!** To achieve that goal, you will have to make the effort to learn the three basic rules of the Martial Arts. Take some time to work toward your goal and you will achieve it!

Good Luck!