

DOJOKU LIFE SKILLS

Yellow Belt

Patience – Having the inner strength to remain calm.

Self-Control – Having the power to restrain one's actions.

Self Awareness – To be aware of oneself and one's surroundings

We associate these words with the **Yellow Belt**, because you will need patience as a beginner, and you will begin sparring at this level and you will need to use and understand the meaning of self control and Self Awareness.

Orange Belt

Respect – Showing importance to one's self and others

Courtesy – Using kindness and sincerity towards other people.

Selflessness – To show devotion to others and to be selfless

We associate these words with **Orange Belt** because you should always show courtesy and respect to classmates, friends, family and Instructors and higher rank students by addressing them as Sir or Ma'am and show selflessness to always help others less fortunate than yourself.

Green Belt

Compassion – To show deep sympathy

Sincerity – To always be truthful, honest and genuine in all that we do

Generosity – To give of yourself unselfishly

We associate these words with **Green Belt** because you should be developing these qualities as you approach the advance ranks.

Blue Belt

Concentration – Having the ability to give your full attention towards your goal.

Commitment – Having a goal and the ability to achieve or complete that goal.

Responsibility – Being accountable for one's actions.

We associate these words with the **Blue Belt** because you are now at a stage where you must take responsibility for your own things and you need to focus on breaking down your techniques getting ready for the advanced ranks and remember the commitment you made to yourself to reach Black Belt.

1st Brown Belt

Heart – To have spirit, courage, and to be brave

Perseverance – Having the determination to never give up.

Confidence – Having an assured presence and be proud of yourself and your accomplishments

We associate these words with **1st Brown Belt** because you are now an assistant instructor, and with teaching you must have the confidence to be the example of what TO DO instead of what NOT to do, and at this stage there should be no turning back, NEVER GIVE UP!

2nd Brown Belt

Modesty – is being humble and not bragging about one's self.

Humility – To be of humble nature

Strength – The inner power to resist attack

We associate this with **2nd Brown Belt** because as a future Black Belt you must be humble and show modesty in everything you do and show the inner strength to spar at all levels as to “teach” the lower ranks.

3rd Brown Belt

Honesty – To be truthful and trustworthy, sincere and fair

Honor – To adhere to principles considered to be right or to show high regard for something or someone

Integrity – To always be honest and sincere in everything you do and say

We associate these words with **3rd Brown Belt** because you are now approaching Black Belt and must uphold the qualities of a good Black Belt and be the example of what is expected of a Black Belt while you lead the class and be able to relate these qualities into all aspects of your daily life.

1st Degree Black Belt

Leadership – To be a leader within and outside the school and be able to teach classes alone.

Excellence – Having the ability to go above and beyond the normal standards.

Oneness – Unity of one's mind and body

Passion – To have an intense enthusiasm for what you are doing

We associate these words with **Black Belt** because you are about to achieve the most highly recognized belt in the martial arts, and you know have the skills, ability, and knowledge to excel at anything you do! You should also have a sense of oneness with yourself as you come full circle and show the passion to take the next step into Generation 2!