BELT PHILOSOPHY

JUNIOR & ADULT GRADES



WHITE BELT

3 RULES OF CONCENTRATION
FOCUS YOUR EYES
FOCUS YOUR MIND
FOCUS YOUR BODY

Practise the "100 times theory" — practising each technique 100 times until you've got it!



PURPLE BELT

4 AREAS OF MENTAL FOCUS

Rate yourself on a scale of 1—10
Am I the sharpest in the class?
Is it real?
Am I improving?



YELLOW BELT

THE BLACK BELT SUCCESS CYCLE

Know what you want
Have a plan and a success coach
Take consistent action
Review your progress and renew your goals



ORANGE BELT

THE PRINCIPLES OF A BLACK BELT

COURTESY
INTEGRITY
PERSEVERANCE
SELF-CONTROL
HUMILITY
INDOMITABLE SPIRIT



GREEN BELT

Have you PASSED your grading?

Practised at home
Have the correct **Attitude** to training
Shouted on all techniques
Were **Sharp** and not sloppy
Had lots of **Energy**
Showed **Dedication** to your training



BROWN BELT

THE OLYMPIC THEORY

Only a small fraction (say 3%) of any sports athletes have the time, talent, coaching and resources to compete in the Olympic Games. It is the thinking habits and behaviour of this small and successful group that provide the example we want to model for success. The other 97% are the majority, so this lesson is to pay less attention to the majority and look for the behaviours and attitude of the top 3%.



BLUE WITH WHITE-STRIPE BELT

2 QUALITIES OF A CHAMPION

Attention to detail & follow through



BLUE BELT

ROOM FOR IMPROVEMENT

(Q) What is the biggest room in the world?
(A) The Room for Improvement!

No one is perfect. No matter how good we think we are, there will always be some aspect of our lives we can improve upon to make ourselves better individuals.



RED WITH WHITE-STRIPE BELT

ABC OF CONFLICT AVOIDANCE

Avoid potentially dangerous situations
Breathe,becalm if a situation appears tobegoing badly
Communicate clearly, calmly and withconfidence
Don'tmake the situation worse byfighting
Environment — use it to your advantage
Fire—shout fire to get other people'sattention
Get away quickly
Hit hard, hit fast and hit first



RED BELT

5 WAYS OF ATTACK

1. SAA – Singular Angle Attack
2. PIA – Progressive Indirect Attack
3. HIA – Hand Immobilisation Attack
4. ABC – Attack by Combination
5. ABD – Attack by Drawing



DEPUTY BLACK BELT & JUNIOR BLACK BELT

<u>What is a Black Belt?</u>

A black belt is a white belt that has never given up.
A black belt represents years of perseverance, discipline, humility, and dedication. It is a symbol that success comes not from never falling down, but from always getting back up and continuing the journey.

<u>Lesson:</u>

The difference between a white belt and a black belt is not talent — it is the decision to never quit.