

# ACTION KARATE

## STUDENT PROGRESS & GOALS UPDATE For Adult Yellow Belts



Name \_\_\_\_\_ E-Mail \_\_\_\_\_ Age \_\_\_\_\_

**Please complete and return to your instructor for your next exam.**

1. What has been your biggest obstacle to achieving your orange belt? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Who at Action has been the biggest help to you? What have they done? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Action Karate's Leadership Team is comprised of individuals who want to improve their leadership skills through learning how to influence others with a proven system. Unlike most martial arts schools who charge for this elite program, Action Karate makes it open to all Black Belt Training students who commit to the following qualities:

1. Role model in and out of Action Karate
2. Good Personnel attendance
3. Enjoys helping others
4. Attending minimum 1 Leadership Class per week
5. Attend Leadership Training classes

What leadership skills are you proud of? \_\_\_\_\_

What leadership skills would you like to improve? \_\_\_\_\_

Why should you be invited to join the Action Leadership team? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please refer to your previous goals update and answer:

1. What goals did you achieve? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. What, if any, goals did you fall short on? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Why do you think this happened? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Countless studies show that the very act of writing down your goals is a very powerful force towards their accomplishment. Please write four goals below with your target date for their accomplishment. Your goals should include one training goal, one personal goal and one career goal.

GOAL	WHY	TARGET DATE
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

What steps are you will to take to achieve your long term goals?