



Karate & Judo Academy

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Dear Purple Belt Student,

Congratulations on your recent promotion to purple belt. Your next step is 3rd degree Brown Belt, which is a major milestone on your martial arts journey. Your brown belt review will be a formal review before a black belt board. It will call upon you to deliver your personal best, yet it need not be a difficult task **IF YOU PREPARE PROPERLY**, starting **NOW!**

Here is what you will need for the review:

- **Pinan Kata #1, #2, #3, & #4**, executed correctly and without hesitation. Your form must be good, and **your stances must be correctly executed**, pullback hand must be closed and correctly placed, etc.
- Five **combination techniques** of **your choice**, selected from your orange through 3rd brown technique sheets and DVD's. These must be executed smoothly and at **street speed**.
- **Self Defense** against any attack which you have learned in your training up to this point. These also must be executed smoothly and at **street speed** without hesitation. A word of advice – be prepared to move to another technique **IMMEDIATELY - within ONE SECOND** - if you try one defense and discover that it is not working for you.
- **Judo & grappling** techniques up through 3rd brown.

You must have a **clean, pressed white gi** for testing.

Begin practicing right away. If you need technique lists for previous belts, see me in the office. If you need videos from previous belts that have become lost or damaged, they are available for \$14.95 each. If you find that you need extra help on something, please let me know and I will make the appropriate arrangements with an instructor for private lessons. Remember - "Inch by inch, it's a cinch". Practice a little each day, and you'll be ready on review day.

Remember:

".....**Getting ready is the secret of success.**" Henry Ford

"**The secret to training is to train 100 times then to train 1000 times.**" - Yagi Meitoku, Dai Sensei

"**We are what we repeatedly do. Excellence, then, is not an act, but a habit.**" – Aristotle

"**I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.**" - Booker T. Washington

"**Success is nothing more than a few simple disciplines, practiced every day, while failure is simply a few errors in judgement, repeated every day. It is the accumulative weight of our disciplines and our judgements that leads us to either fortune or failure.**" - Jim Rohn

Sincerely,

Roger Boggs