

<p>The Life Skill December is Integrity</p>	<p>The Life Skill January is Goals in the Martial Arts</p>
<p>Integrity means doing the right thing and standing up for what you believe in, even if no one is watching. What is an example of something you should stand up for?</p> <hr/> <hr/> <hr/>	<p>The New Year is a great time to set Goals for your Martial Arts training! What is your Martial Arts Goal for this year?</p> <hr/> <hr/> <hr/>
<p>How have you used Integrity in the past?</p> <hr/> <hr/> <hr/>	<p>We track our short term Martial Arts Goals with color belts. What are the next 3 color belts you will earn on your path to Black Belt?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p>Why is it important to use Integrity?</p> <hr/> <hr/> <hr/>	<p>If you continue Testing every 2 months, when do you expect to earn your Black Belt?</p> <hr/>