

# Cincinnati Martial Arts Club Character Development

**NOTE: Teens and Adults will answer the solid and stripe each exam.**

White Belt:

- What is Respect and how can I demonstrate Respect?



Gold Belt:

- What is Self-Discipline and what are some new habits I can create?



Gold-Orange Belt:

- What is Determination and how does it apply to my goals?



Orange Belt:

- What is Confidence and how can I demonstrate Confidence?



Orange-Green Belt:

- What are Good Manners and how can I demonstrate Good Manners?



Green Belt:

- What is Courage and how can I demonstrate Courage?



Green-Blue Belt:

- What is a Leader and how can I demonstrate Leadership?



Blue Belt:

- What are my Goals for School?



Purple Belt:

- What are my Goals for Martial Arts?



Brown Belt:

- What is Teamwork and how important is Teamwork?



Red Belt:

- Why is having a Positive Attitude important?



Navy Blue Belt:

- 500 word black belt thesis paper.

