



2007 NEW SPIRITUAL GROWTH REQUIREMENTS

As a student here at the United States Karate Systems (USKS) Family Training Center, you have indicated your desire to be more than you thought you could be. In keeping with that thought, we are committed to the pursuit of excellence in the physical, mental, and spiritual aspects of our lives. It is our hope that your experience here would bring confidence, value, and fulfillment to you in your Martial Arts training, as well as in your personal life.

We believe this is the making and training up of true Martial Artists. (*“He who works with his hands is a laborer. He who works with his hands and head is a craftsman. He who works with his hands, and head, and heart is an artist.” St. Francis of Assisi*) Train with your heart, too...
Krupa Shihan

ORANGE BELT Requirement ... USKS MOTTO and ATTENTIVE

- **USKS MOTTO:** ** **“POWER UNDER CONTROL”** *Bible Verse: “For God has not given us a spirit of timidity, but a spirit of power, of love, and of self-discipline.” 2 Timothy 1:7*
- **ATTENTIVE:** **“Listening with my ears, eyes, and heart.”** *Bible Verse: “My Son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart.” Proverbs 4:20-21*

PURPLE/WHITE BELT Requirement ... CHARACTER and RESPECT

- **CHARACTER:** **“Is revealed by what I do in secret.”** *Bible Verse: “The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart.” 1 Samuel 16:7*
- **RESPECT:** **“To consider worthy of esteem or honor.”** *Bible Verse: “Show proper respect to everyone; Love the brotherhood of believers, fear God, honor the king.” 1 Peter 2:17*



PURPLE BELT Requirement ...

COMMITMENT and SELF-CONTROL

- **COMMITMENT:** “A promise to be kept.” *Bible Verse: “Commit to the Lord whatever you do, and your plans will succeed.” Proverbs 16:3*
- **SELF-CONTROL:** “Doing something even when I don’t feel like it.” *Bible Verse: “Be self-controlled and alert.” 1 Peter 5:8a*

GREEN/WHITE BELT Requirement ...

COURTESY and OBEDIENCE

- **COURTESY:** “Good manners – meeting another’s need unselfishly.” *Bible Verse: “And just as you want men to do to you, you also do to them likewise.” Luke 6:31*
- **OBEDIENCE:** “Knowing and following the wishes of those responsible for me.” *Bible Verse: “Obey your leaders and submit to their authority.” Hebrews 13:17*

GREEN BELT Requirement ...

PATIENCE and DISCERNMENT

- **PATIENCE:** “Realizing that my present struggles are essential for future achievement.” *Bible Verse: “There is a time for everything, and a season for every activity under heaven.” Ecclesiastes 3:1*
- **DISCERNMENT:** “Able to see things as they really are.” *Bible Verse: “... those who are of full age...have their senses exercised to discern both good and evil.” Hebrews 5:14*

GREEN/BLACK BELT Requirement ...

WISDOM and COMPASSION

- **WISDOM:** “Thinking God’s way.” *Bible Verse: “But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.” James 3:17*
- **COMPASSION:** “Kindness ... Treating others as I would have them treat me.” *Bible Verse: “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience.” Colossians 3:12*

BLUE/WHITE BELT Requirement ...

HUMILITY and FORGIVENESS

- **HUMILITY:** “Freedom from pride and arrogance.” *Bible Verse: “Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.” Philippians 2:3*
- **FORGIVENESS:** “Treating someone as though he never hurt me.” *Bible Verse: “Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.” Colossians 3:13*

BLUE BELT Requirement ...

FAITH and DECISIVENESS

- **FAITH:** “Belief and conviction in God, family, friends, and teachers.” *Bible Verse: “Now faith is being sure of what we hope for and certain of what we do not see.” Hebrews 11:1*
- **DECISIVENESS:** “Able to make up my mind.” *Bible Verse: “...a double-minded man (is) unstable in all he does.” James 1:8*

BLUE/BLACK BELT Requirement ...

GRATITUDE and RESPONSIBILITY

- **GRATITUDE:** “Being thankful and saying so.” *Bible Verse: “Give thanks in all circumstances...” 1 Thessalonians 5:18a*
- **RESPONSIBILITY:** “Using all my energies to fulfill the expectations of those who are counting on me.” *Bible Verse: “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness.’” Matthew 25:21*

BROWN/WHITE BELT Requirement ...

DETERMINATION and LOYALTY

- **DETERMINATION:** “Breaking down a seemingly impossible task by concentrating on achievable goals.” *Bible Verse: “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Galatians 6:9*
- **LOYALTY:** “Standing with those I am serving in their time of need.” *Bible Verse: “Greater love has no one than this, that one lay down his life for his friends.” John 15:13*

BROWN BELT Requirement ...

COURAGE and INTEGRITY

- **COURAGE:** “Quality of mind which enables one to meet danger and difficulties with boldness, endurance, and bravery.” *Bible Verse: “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you.” Deuteronomy 31:6*
- **INTEGRITY:** “Truthful words and ways.” *Bible Verse: “And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.” Micah 6:8b*

BROWN/BLACK BELT Requirement ... LEADERSHIP and VIRTUE

- **LEADERSHIP:** “Leading by example.” *Bible Verse: “Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom.” James 3:14*
- **VIRTUE:** “Moral excellence; goodness.” *Bible Verse: “Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.” Philippians 4:8*

SHODAN BLACK BELT Requirement ALL OF THE ABOVE