

Journal Instructions

Introduction

All junior kyu students are strongly encouraged to maintain a binder that includes information and requirements for each Kyokushin rank as well as personal thoughts and reflections.

Journals should reflect the unique personality of each student and will serve as assessments that catalog their ongoing growth and development, as karate students and as people actively working to serve others and improve society.

Journals will be periodically evaluated by dojo instructors to identify ongoing areas of strength, pinpoint remaining challenges, and gauge progress over time. Journals will help each student visualize their specific progress and help them retain important lessons on Kyokushin knowledge, skills, and culture. Journals will also help parents structure training for their children outside the dojo so that they continue to grow and move forward in their learning.

Materials List

- Binder 1" or folder with hole tabs
- Sheet protectors | 12 +
- Dry erase marker(s)
- Stickers (if desired)

Binder Instructions

- Put your first and last name on your binder.
- Print all pages up to and including one rank above your current rank. For example, if you are a junior blue belt, print orange, orange +1, blue, and blue +1 rank documents.
- Insert rank syllabi into sheet protectors within your binder.
- Use dry erase on sheet protectors to check off boxes you **know** or can **perform** without outside instruction.
- Use pen or pencil to hand write your thoughts in designated journal sections. You may add additional pages at each rank to record your reflections and thoughts as needed.
- Journaling should be done once per week at minimum.
- Bring your binder to the dojo on designated days. It is each student's individual responsibility to remember to bring their journal when indicated. Instructors will review and verify items you check and will confirm that each student can successfully execute, or not, Kyokushin knowledge and techniques on command.
- Each journal should reflect a pattern of sustained student effort, instructor feedback, and consistent student response to evaluation and critique.

Students will be invited to grade once sufficient performance criteria are met. Grading readiness will be determined from direct observation and journals. Do not ask to grade; it is considered an insult to your teachers. Instructors will invite students once they have completed their evaluation and determined a student is ready to grade.

All syllabus documents may be printed and are available at the [Ultimate Truth LLC](#) website.