

Central Kyokushin Karate | Journal Instructions

Introduction

All kyu students are expected to maintain a personal binder that serves as both a learning tool and a progress portfolio. This binder should include rank-specific Kyokushin requirements, terminology (with translations), and space for personal reflections and journal entries.

Journals reflect each student's unique journey—capturing not just techniques and knowledge, but also their growth in character, mindset, and contribution to others. They help students visualize their progress, retain key lessons, and develop greater self-awareness, both as martial artists and as individuals committed to improving themselves and their communities.

Binders and journals will be periodically reviewed by dojo instructors to assess strengths, identify challenges, and track development over time. They also provide a valuable tool for parents to support and reinforce training outside the dojo, ensuring consistent, meaningful progress.

More than just a notebook, the binder is a mirror of a student's Kyokushin path—discipline, growth, and purpose in action.

Materials List

- ☐ Binder 1" or folder with hole tabs
- ☐ Sheet protectors | 12 +
- ☐ Dry erase marker
- ☐ 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 a 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.

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- ☐ 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 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.