

**PHOENIX KARATEDO ASSOCIATION**  
**KYOKUSHINKAI INTERNATIONAL**  
**&**  
**MOUNT ST. MARY'S UNIVERSITY KARATE CLUB**  
**HOMBU**

**BROWN BELT**  
**(3<sup>RD</sup> KYU)\***

Name: \_\_\_\_\_

Please reflect on the statements below and write a reflection not to exceed one page. Please write legibly.

1. Describe what karate means to you and how it has affected your life.
2. In your own words, describe the philosophy of Phoenix Karate.
3. Think of what the style of Kyokushin means to you

*\*written tests for advanced brown are traditionally part of the Shodan written exam. Instructors may require additional written tests at their discretion*