



Personal Commitment Letter

Student: _____ Date: _____

What is your level of Commitment to achieving the Rank of Black Belt in Budo-Jitsu?

The following questions are designed to make you clear on your intentions in regards to what you want for yourself as a result of your Martial Arts training.

This information is confidential between the student and their Sensei.

1) Why did you join Budo Jiu-Jitsu?
2) How often are you committed to training? 1x per week <input type="checkbox"/> 2x per week <input type="checkbox"/> 3x per week <input type="checkbox"/>
3) How much do you weigh right now? _____ What is your ideal weight?: _____
4) How do you rate your health status? Cardio: Bad <input type="checkbox"/> OK <input type="checkbox"/> Good <input type="checkbox"/> Excellent <input type="checkbox"/> Muscle Tone: Weak <input type="checkbox"/> OK <input type="checkbox"/> Good <input type="checkbox"/> Excellent <input type="checkbox"/> Mental Focus: Poor <input type="checkbox"/> Scattered <input type="checkbox"/> Good <input type="checkbox"/> Sharp <input type="checkbox"/>
5) What else do you hope to get out of your Martial Arts training?
6) Are you committed to reaching and attaining your Black Belt in Budo Jiu Jitsu by studying, learning, and applying all knowledge passed onto you by your instructors? Yes: _____ No: _____
Comments:
7) Additional Goals you wish to accomplish:
8) Do have any desire to teach the Art to others in the future?

Student's Signature: _____ Date: _____

Sensei's Signature: _____ Date: _____