

NorthShore Academy of Martial Arts

Word of the Belt

White Belt – Positive Self Esteem

Winning Black Belts have a feeling of self-worth.

Winners develop a feeling of self-acceptance and respect

Yellow Belt – Positive Self Awareness

Winning Black Belts know who they are and where they are going. They understand themselves and their goals

Orange Belt – Positive Self Control

Winning Black Belts accept 100% responsibility for outcomes in their own life. Winners take credit or the blame for their own performance

Green Belt – Positive Self Discipline

Winning Black Belts learn to practice, mentally rehearse and visualize the successful outcome of activities

Purple Belt - Positive Self Expectancy

Winning Black Belts learn to have a personal positive attitude on a daily basis.

Blue Belt – Positive Self Motivation

Winning Black Belts dwell on rewards of success not on the penalties of failure

Brown Belt – Positive Self Image

Winning Black Belts have developed a self image which sees success, growth, achievement, and winning as the most likely outcomes.

Red Belt – Positive Self Direction

Winning Black Belts have clearly defined goals and purpose which are constantly referred to on a daily basis.

Deputy Black Belt – Positive Self Projection

Winning Black Belts project their best selves every day in the way they look, walk, talk, listen and react.