



## PASP - Personal Achievement Stars Program



### Yellow - UKEMI

Rolling forward and backwards. Forward roll must be diagonal, smooth contact with the mat and consistent and be demonstrated from standing.



### Gold - MUSUBI - Advanced UKEMI

Beginning blending. Consistently helps partner through movement with body movement. Demonstrate jumping rolls and break falls.



### White - REI

Shows a strong understanding and consistently displays good dojo etiquette. Is respectful of the dojo, the practice and fellow students. (See Handbook.)



### Silver - JOSHIKI - This is a good citizen reward!

Joshiki is common sense in social situations. In Japan, the culture supports and demands this; in our culture, it is a bit harder to find as there is not one way that all of society behaves. We must learn these behaviors and learn to pay attention the cues around us.



### Red - MASSAKATSU AGATSU

Consistently gives her or his best effort in class. Sometimes this is translated as 'True Victory is Victory over the Self.' For children's class I like to use the definition of doing your best at what ever you do. In Shinto, it is often given the added dimension of finding the hook in life (your purpose) that fills you and pour everything you have into this.



### Purple - SHIN - Spirit

Shows a pattern of overcoming challenge, resiliency, pushes to better him- or herself. Bounces back from disappointment or injury.



### Blue - ATENEI

Pays attention to what we are working on consistently. Technique, attack, looks for detail. Working on being an excellent student of technique.



### Green - SOUJI

Demonstrates Sente (take the lead). Cleaning the dojo and keeping themselves clean.



### Black - JO and BOKEN KIHON WAZA (Sword and staff work)

Knows and can demonstrate basic stances and movements, individual and paired kata.