



BULLITT COUNTY MARTIAL ARTS ACADEMY

LION WARRIORS SEISHIN BADGE PROJECT: **HONOR**

Living with honor helps you become someone others can trust and look up to — a true martial artist.

Honor means doing what's right — even when no one is watching. It means telling the truth, keeping your promises, and showing respect to others, your dojo, and yourself.

CHOOSE YOUR PROJECT

(Check one — or do more!)

PROJECT ONE

MY CODE OF HONOR

Write down 3–5 rules that you promise to live by as a martial artist and as a person.

PROJECT TWO

FAMILY CODE OF HONOR

Talk with your family and create a simple list of values or rules you all want to follow at home — then post it where everyone can see it.

PROJECT THREE

ACT OF HONOR

Do something honorable without being told: return something lost, admit a mistake, apologize sincerely, or tell the truth even when it's hard.

SHOW WHAT YOU DID

Write or draw about your challenge:

SEISHIN PROJECT RULES

- Choose **one or more challenge(s)** from this page.
- Complete it **with effort and honesty** — don't take shortcuts.
- Reflect on what you learned.
- Ask your instructor or parent to review your challenge.
- Return this worksheet **before belt testing** to earn your badge.

BADGE COMPLETION SIGN OFF

I witnessed this student complete their Seishin challenge with focus and sincerity.

STUDENT NAME PRINT

PARENT / GUARDIAN SIGNATURE

APPROVED BY:

INSTRUCTOR'S SIGNATURE

DATE