

# Aikido at the Center

## Good Citizenship Form

The 8 Pillars of *Bushido*, or the Way of the Warrior, are Honor, Justice, Courtesy, Compassion, Sincerity, Loyalty, Courage and Self Control. As students of Aikido, also known as the Way of Peace and Harmony, it is important that we demonstrate our understanding of these attributes on and off the mats. We begin with those closest to us, our families and our friends.

In order to be eligible for kyu testing, students must complete this form and return it to his or her Sensei for review within one week of the potential test date. Parents are welcome to help complete this form.

1. Describe how you have helped your family around the house.

Regular household chores: \_\_\_\_\_

\_\_\_\_\_

Special projects with your family: \_\_\_\_\_

\_\_\_\_\_

2. Describe any good deeds you have performed for family members or friends: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Describe your volunteer activities outside the home (community, school, civic, charitable, religious, environmental, etc.). \_\_\_\_\_

\_\_\_\_\_

4. Are any other activities or deeds which you feel your Sensei should know about? \_\_\_\_\_

\_\_\_\_\_

5. Optional for parents: Write on the back of this form any other information you would like your child's Sensei to know about his or her activities at home or in the community.

Student Signature \_\_\_\_\_ Parent Signature \_\_\_\_\_

Date \_\_\_\_\_ Date \_\_\_\_\_