



# KARATE-DO MAC JAPAN

## 空手道 MAC バングラデシュ (BANGLADESH) Gulshan-Dhaka

### Kyu Test Ceremony

Karate-do MAC Japan (Bangladesh) on 7<sup>th</sup> April 2019 had recently belt test at Maple Bear Canadian School.

The extraordinary thing was that; this was the first belt test for “Maple Bear Canadian School” and the Students were excited and on the other side a little bit of nervousness. The Students’ abilities in all aspects of Karate including basic techniques, self-defense, history and terminology as well as practical applications of specific moves were remarkable.

Yet with the hard work and good training they accomplished their given each task nicely and successfully got promoted to the next level with a descent promotion. Each new belt brings new challenges - those who keep taking on and overcoming these challenges can eventually reach the coveted black belt and beyond.

The grading tests - and regular training too – can be a real test of resilience and determination. These are important life skills for children to develop as they learn to keep trying no matter how tempting it is to give in.

Children at this stage can also improve their fitness and stamina levels as well as learning valuable self-protection strategies and techniques. And the Parent are very grateful and happy to see their Children progress in these areas and got their rank promoted.

We believe all the Students at this School will do good and achieve great goals as well success in the future.

Thank you very much,

Cheers for good work

Ossu...



