



# SWANSON'S MARTIAL ARTS

## BLUE BELT TENENT REQUIREMENT

NAME: \_\_\_\_\_

# INTEGRITY

*Make a past wrong right.*

Think of something you have done in that past that you can fix. For example, cheating on homework or not doing something you said you would.

Description of what happened in the past:

Why did you choose this event to make right?

What did you do to make things right?

What did you learn by making it right?