

MY CHALLENGES

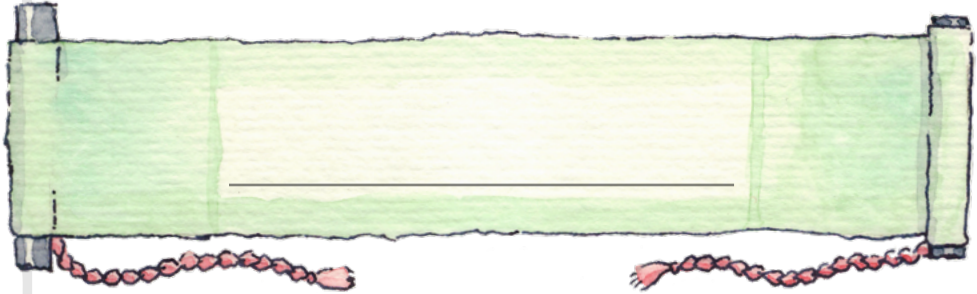
On the following pages you can write down the different challenges you have gotten from your instructor. A challenge can be different techniques, movements or physical challenges. Sometimes, it can be a challenge that is connected to reigi and aikido in your everyday life. Either you or your instructor can write down your challenges. Don't forget to mark when you have completed the challenge!

Tessen and Sensei request that you don't have more than 3 challenges per term. It is better to complete a challenge in a positive, accurate way than to do many in a poor way.



*The characters are pronounced "ku wa raku no tane" in Japanese and they can be translated to mean "suffering is the seed of joy". This means that sometimes you need to work a little harder in life to get to where you want to be!

THIS BOOK BELONGS TO:



DOJO:

This is where you fill in the semesters you have practiced, for example Autumn term 2025.

On the line following the date, you can also write down if you have received a diploma, a new stripe on your belt, or if you have graduated.

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