5280 Karate Academy Foundation Book Tests

As you progress towards your black belt, you should complete book tests to help your understanding of some of our key values, such as teamwork and determination. You should complete four book tests by the time you enter prep cycle. You can space out these tests and complete one while in level one, one while in level two, one while in level three, and one at high brown belt. Please be sure to read age/reading level appropriate books when you are working on them. This is not meant to be a stressful assignment but should go hand-in-hand with your training as you work to achieve your black belt. Books do not need to be purchased; almost all of the books are available at the public library.

Book List:

Book	Cover	Suggested
		Age Range
Black Belt Bunny By Jacky Davis Illustrated by Jay Fleck	BLACK BELT BUNNY BY JACKY DAVIS © ILLUSTRATED BY JAY FLECK	3-5 years
Step Forward with Problem Solving By Shannon Welbourn	PROBLEM SOLVING	7-10 years

Step Forward with Grit By Shannon Welbourn	GRIT	7-10 years
Simone Biles (Sports All-Stars)	SPORTS ALL-STARS	7-11 years
By Jon M. Fishman	SINTONE BILLES	
Stephen Curry (Sports All- Stars) By Eric Braun	STEPHEN CURRY	7-11 years
Kid President's Guide to Being Awesome By Brad Montague and Robby Novak	AWESOME BENESOME BENESOM	8-12 years

The Middle School Student's Guide to Academic Success By Blake Nemelka and Bo Nemelka	THE MIDDLE SCHOOL STUDENT'S GUIDE TO ACADEMIC 12 CONVERSATIONS FOR COLLEGE AND CAREER READILESS BY BLAKE NEMELKA BO NEMELKA With a freeword by Some Creey, besterfilling author of The I Habiton of Haliba Effective rem Part I station grounds published as for the Matter Textures agreement published as for the Matter publi	8-14 years
All Heart By Carli Lloyd and Wayne Coffey	CARLILLOYD ALL HEARI MY DEDICATION AND DETERMINATION MY DEDICATION AND DETERMINATION TO BECOME ONE OF SOCCER'S BEST TO BECOME OF SOCCER'S BEST TO BE SOCCER'S BEST TO BECOME OF SOCCER'S BEST TO BE S	10-13 years
You Got This! By Maya S. Penn	**Describe rough mode you. **GASTILE BROTTEN **For bid disent familiary suches	8-14 years
The West Point Way of Leadership By Col. Larry R. Donnithorne	Col. LARRY-Ry-DONNITHORNE (Bec.)	14+

NATIONAL BESTSELLER	14+
NORRIS	
WIGI ACH ADRIBAN	
ATIODOS	
my story	
hachdes 16 new pages of photos & a special introduction to the	
	AGAINST ALLODDS my story