



BLACK BELT SKILLS SHEET



BLACK BELT EXCELLENCE

HOME/SCHOOL APPROVAL FORM

MONTHLY THEME

COURAGE

Daring to attempt difficult things that are good for you. The strength *not* to follow the crowd, to say "no" and mean it and influence others by it. Being true to convictions and following good impulses even when they are unpopular or inconvenient. Boldness to be outgoing and friendly.

Monthly Activity

5 to 7 Year Olds: Parents, read the story on the back of this sheet. Take some time after the story to discuss the questions that follow with your son/daughter. Please help them with the short assignment. Only sign this sheet when you feel satisfied that he/she understands what courage is and how to use it when confronted with today's "dragons".

8 to 12 Year Olds: Interview at least two of your family members to recall a time when they had a believe - a time when "the crowd" was doing something wrong, dangerous or harmful and they said no or tried to talk them out of it. Write their experience down in the space provided. Next, try and recall two times in the past when you used your courage to stand up for someone you can learn from your family's and



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THIS BLACK BELT EXCELLENCE SHEET IS REQUIRED FOR BELT PROMOTION. Students must turn in completed form on time. Sheets should be in each student's hand at the beginning of class. A black stripe will be awarded at that time. Three black stripes must be earned before graduation.

This sheet must be returned on November 15th and 16th. Remember, these sheets are YOUR responsibility and not your parents!

This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required by this school and Sensei Manos for students seeking belt advancement.

Student Name: _____
Student Rank: _____
Parent Signature: _____ Date: _____

5 Requirements of the Black Belt Excellence Stripe

- ✓ Black Belt behavior at home
- ✓ Black Belt behavior and passing grades at school
- ✓ Overall performance and attendance at the karate school.
- ✓ Completion of this Black Belt Excellence Homework sheet monthly.
- ✓ Return this sheet on time.

COURAGE

5-7 Year Olds

The following story can help older pre-schoolers and young elementary schoolers relate storybook bravery to their own everyday behavior.

A young prince had never seen a real dragon before, but he had heard of dragons and knew of their great strength and of the hot fire they could breathe out their nostrils. One day he had gone for an early ride on his favorite horse and had just galloped down the path into the woods. As he turned a corner, he found himself face to face with a dragon. He could have turned his horse and ran, and maybe he could have escaped, but the dragon was heading for the town and would surely hurt or kill the people. With his heart beating fast with fright, the prince drew his sword and charged straight at the dragon. The dragon was so stunned by the prince's courageous charge that it turned and ran away. The dragon was gone and the kingdom was saved.

Parents, expand and elaborate this story as you wish. Then ask: "Did the prince have courage?" (yes) "Do we need courage today in this world?" (yes) "Why? We don't have dragons." (because there are other things than dragons that require courage).

Review the following list of today's "dragons" - things that take courage, and write down two of your own.

- ◆ Admitting you are wrong when you are
- ◆ Doing what is right when everyone else isn't
- ◆ Saying "hi" to a new child at school or at karate
- ◆ Saying no when kids try to get you to do something you know you shouldn't
- ◆ Asking for extra help when you know you need it

- ◆ _____
- ◆ _____

8-12 Years Olds

Family Member #1

Family Member #2

Family Member #3 (optional)

Your own experience in courage #1.

Your own experience in courage #2
