



# BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

# BLACK BELT EXCELLENCE

## SELF DISCIPLINE

*Self-discipline* means many things. Doing things you're responsible for with out anyone having to tell you to do it. It means being able to motivate and manage yourself and your time. It means being able to control yourself. You control your temper, you control your words, you control all your actions.

### Monthly Activity:

*Parents please help your child with the following activity*

The "Too Much" Game. This game will get children thinking about the concept of moderation and about its benefits. Explain that too much can sometimes be worse than too little. Say, "Lets play a game about too much. I'll say too much \_\_\_\_\_, and you say something that you wouldn't want to do too much of \_\_\_\_\_, then say what bad thing might happen from too much. For example: Too much food... you might become unhealthy. Too much candy... You might get cavities. Too much television... It keeps us from playing, studying and other good things.

We also feel that it is important that our students fill out a "To Do List" each week to reinforce the importance of self-discipline and responsibility. Your child must have two "To Do List" on the back completed and turned in on the date below.

Please see back of page.

**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 should be returned on November 21st or 22nd**

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.

# Black Belt Excellence To Do List!

## Clean Room

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Make My Bed							
Put Personal Belongings Away							
Put Dirty Clothes in Laundry							

## Self Care

Brush Teeth and Hair							
Take a Shower or bath							
Eat to Win							

## Black Belt Excellence

Demonstrated Patience							
Demonstrated Positive Attitude							
Showed respect for Teachers and Friends							

## Family

Complete Assigned Chores							
Treat Entire family with Respect							
Help Family Members when Needed							

## Self Development

Practice Martial Arts Fifteen Minutes per Day							
Read Fifteen Minutes per Day							
Perform One Random Act of Kindness							

*Parent's Signature* \_\_\_\_\_