



BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

BLACK BELT EXCELLENCE

HONESTY

The inner strength and confidence that is obtained by demonstrating truthfulness, trustworthiness, and integrity with individuals, institutions, society, and with yourself.

MONTHLY ACTIVITY:

Parents please help your child with the following activity

Kids: Parents please discuss the questions about honesty on the back page. These question along with your help will teach your children about the more complicated issues and gray areas of honesty. Your discussion will help them grasp the concept and understand the terminology of honesty.



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 must be returned on December 14th and 15th.
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.

The Honesty Quiz!

Answer the following questions about honesty—if you have trouble, be sure to ask your parents for help.

Which situations show a person is Honest or Dishonest?
(Circle H for Honest and D for Dishonest)

- | | | | |
|--|---|----|---|
| Calling a ball out of bounds in a game that you're not sure was out? | H | or | D |
| Telling on a person that you know did something bad? | H | or | D |
| Exaggerating when telling a real life story? | H | or | D |
| Saying you cleaned your room but didn't? | H | or | D |
| Not repeating a lie that someone else told? | H | or | D |
| Giving back money you saw someone drop? | H | or | D |
| Not telling the whole truth so you won't get in trouble? | H | or | D |
| Twisting the truth just a little so it won't sound so bad ? | H | or | D |
| Lying to protect yourself? | H | or | D |
| Telling someone the truth even if it might hurt them? | H | or | D |
| Lying to protect someone else ? | H | or | D |
| Taking something that doesn't belong to you? | H | or | D |
| Saying you're sick so you don't have to go to school? | H | or | D |
| Having someone else do this quiz so you don't have to do it? | H | or | D |
| Exaggerating to make yourself seem "cooler"? | H | or | D |

