



BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

BLACK BELT EXCELLENCE

MONTHLY THEME

PERSEVERANCE



The Story of the Chinese Bamboo

The Chinese plant the seed: they water and fertilize it, but the first year nothing happens. The second year they water and fertilize it, and still nothing happens. The third and fourth years they water and fertilize it, with no apparent results, and sometime during the course of the fifth year, in a period of six weeks, the Chinese Bamboo Tree grows roughly ninety feet.

The question is, did it grow ninety feet in six weeks or did it grow ninety feet in five years? The obvious answer is that it grew ninety feet in five years because, had they not applied the water and fertilizer each year, there would be no Chinese Bamboo Tree. All of us have had those "Chinese Bamboo Tree" experiences. We might have had a difficult assignment in math, social studies or science. We had to work at it again and again without coming up with the correct answer. Once we did finally get the answer it seemed simple and obvious. We came up with the answer not because of our intellectual brilliance but because of our perseverance.

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 June 14 or 15 .
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 next time you are faced with a hard assignment how are you going to use perseverance to complete the assignment?

How will perseverance and determination help you reach your goals?

How can you help your family by using perseverance?

How can you help your friends by using perseverance?

How will you feel when you accomplish your goals?

Work to always finish what you start. Believe in yourself and stay diligent. Tell of a time when you completed something and you felt great because of your accomplishment.
