



BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

BLACK BELT EXCELLENCE

MONTHLY THEME

INTEGRITY



Integrity is following closely a code of ethics that is aligned with character. It means being honest and trustworthy, reliable and faithful, upright and principled in the way you act and being consistent with your actions. Integrity includes, but goes beyond honesty. Honesty is telling the truth while Integrity is matching our words to reality. Like a super hero, a black belt lives by the code of our student creed to help our community, family, and ourselves.

MONTHLY ACTIVITY:

Parents please help your child with the following activity

Lil' Dragons and Karate Kids: Complete the following Black Belt Excellence assignment about Integrity. Parents discuss the importance of following rules of conduct and integrity even when it is view as unpopular by others.

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 September 20th and 21st.
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.

Integrity is a Super Power!

Integrity is matching reality to our words - which means, keeping promises and fulfilling expectations. Do what you say you are going to do. Be who you say you are. Integrity is living by a moral code and showing it in our actions.

From the list below, decide if the action has the integrity of a HERO or is an action of a ZERO!

Hero



or

Zero



- C. This person would never lie.
- H. This person would never talk behind someone's back.
- L. This person laughs at other people.
- A. This person would never fail to keep promises.
- O. This person says things that hurt other people's feelings.
- M. This person would never be afraid to apologize for mistakes they make.
- S. This person acts like someone they are not.
- E. This person never does what they say they are going to do.
- P. This person enjoys helping others.
- R. This person is nice to people only when they want something from them.
- I. You can always believe this person.
- O. This person is like your parents, and will always take care of you if you are sick, etc.
- N. This person trains like a champion in and out of the dojo.

Write a list of actions that has the integrity of a HERO!
