



# BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

# BLACK BELT EXCELLENCE

## MONTHLY THEME

### RESPONSIBILITY



*"You must take personal responsibility. You cannot change the circumstances, the seasons or the winds. But you can change yourself. That is something you have charge of."  
- Jim Rohn*

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 November 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.

# Being My Best By Taking Responsibility

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>Pride</b>							
I made my bed							
I put my dirty clothes in the laundry							
I put my clean clothes away							
I put my personal belongings away							
I picked up everything from the floor							
I helped with dinner clean up							
<b>Self-Esteem</b>							
I brushed my teeth morning and night							
I put away my toothbrush and paste							
I wiped the water off the sink							
I took a bath or shower							
I didn't talk back to my parents							
I politely excused myself from the table							
I used "Please" and "Thank you" with everyone							
My martial arts uniform is clean							
<b>Self-Discipline</b>							
I practiced martial arts at home							
I took pride and gave my best effort in school or at home							
I showed respect to all adults							
I did my best on my homework and my chores							
<b>Courtesy</b>							
I was ready for school in the morning							
I was ready and waiting with uniform for martial arts							
I came to the table when called							