



# BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

BLACK

BELT

# EXCELLENCE

MONTHLY THEME

# POTENTIAL

## MONTHLY ACTIVITY:

**Kids:** Parents please help your child with the sections on the back of the sheet. Specifically, in order to help your child increase their self-confidence and self-acceptance, help them realize what things they do well. This will begin to expose them to the understanding that they have special gifts and abilities. Also, question #3 will help your child realize everyone has weaknesses and it's okay to have them. You may want to share some of your weaknesses and what you do to try and improve them. This exercise helps them to be more accepting of themselves despite difficulties.

**Karate Kids:** Completely fill out the worksheet on the back of this paper. Parents, please supply guidance and support in order to help the kids completely understand each question.

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 13th and 14th.  
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.

1. Below, list 5 of your greatest talents.

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2. Below, list 5 of your best qualities.

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3. The "CHALLENGE LIST". What are some things that you would like to become better at?

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4. TURNING THE "CHALLENGE" INTO A "BLESSING". Each of these challenges gives you the opportunity to strengthen our inner selves. Give one example of how one of your "challenges" could be an opportunity to develop you into a stronger person.

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5. THE BLAME GAME. Its our responsibility to use our gifts and talents as well as to improve our weaknesses. Many times individuals don't use their talents or develop their weaknesses because they're too busy blaming others. They blame their parents, their teachers, brothers or sisters, even the weather. To prevent yourself from getting caught up in the "BLAME GAME", write the following poem down and hang it in a place that will remind you every morning that you can decide what kind of person you want to be.

**I AM THE ONE WHO WRITES MY OWN STORY  
I DECIDE THE PERSON I'LL BE  
WHAT GOES IN THE PLOT, AND WHAT DOES NOT  
IS PRETTY MUCH UP TO ME.**

Remember, God does not make junk! Every person is unique. As you get older, it is important to value and appreciate what makes us special and what we can do for others with our special gifts. Don't waste time envying others. You are special, and you can use your special gifts.