



BLACK BELT SKILLS SHEET



BLACK BELT EXCELLENCE MONTHLY THEME

RESPECT TEST

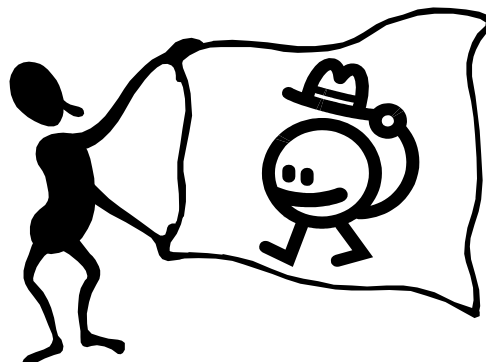
Respect for life, property, parents, elders, those in authority, for nature, and the beliefs and rights of others. Courtesy, politeness and good manners. Self-respect and the avoidance of self-criticism

MONTHLY ACTIVITY:

Parents please help your child with the following activity

“ THE RESPECT TEST ”

This test helps children understand the importance of being respectful and let's them realize how and when they should exercise their respect and kindness to others. Parents should use this opportunity to discuss with their children the meaning of respect and the rules their family has set forth for showing respect to others.



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 can be returned on April 17th or 18th.
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. Define Respect

2. When your teacher or parent tells you to do something you should:

- A. Question them why you should do it.
- B. Do it immediately, with an awesome "Yes Sir" or "Ma'am".
- C. Tell them you will do it later when you have more time.

3. When an adult asks you a question, you should respond by answering _____ or _____.

4. It is OK to interrupt someone who is talking? Yes or NO

5. Do unto others, as you would have them _____.

6. If an older person were to get on a crowded bus and there was no seat for them to sit in, the respectful thing for you to do would be?

- A. Do nothing, because they are used to standing.
- B. Wait to see if anyone else will let them sit down.
- C. Stand up and offer them your seat.

7. Which item below best describes someone who respects himself or herself.

- A. A person who keeps clean.
- B. A person who doesn't do harm to another and who would never take drugs or drink alcohol.
- C. A person who studies and tries to make good grades.
- D. All of the above

8. Brothers or sisters that argue, fight with each other, and yell at one another, respect each other.

True? or False?

9. Name three people you greatly respect?

1. _____ 2. _____ 3. _____

10. By being respectful to others, others will be respectful to you.

True? or False