



# BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

BLACK BELT

# EXCELLENCE

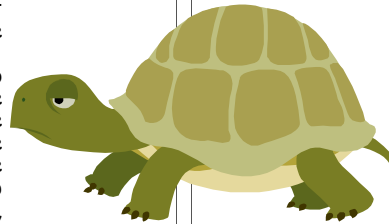
## MONTHLY THEME

# THE LITTLE TURTLE

Once upon a time there was a young turtle named Zuki. Zuki was very upset about going to school. He liked to be at home with his baby brother and his mother. He did not want to learn school things; he wanted to run outside and play with his friends and color in his coloring book. It was too hard to try to write letters or copy from the board. He wanted to play and giggle with friends — he even loved to fight with them. He did not want to share. He liked to tease the other kids and grab their nice toys. He did not like listening to his teacher or having to stop making those wonderful fire engine noises he used to make with his mouth. It was too hard to remember not to fight or make noise. It was just too hard not getting mad at all the things that made him mad.

Every day on his way to school he would say to himself that he would try his best not to get in trouble that day. But even so, every day he would get mad at somebody and he would hit him or her. He could not help taking toys he liked from his friends, and he loved to tease those smart kids. He would always get into trouble, and after a few weeks he just hated school. He began to feel like a bad turtle. He went around for a long time feeling very bad.

One day when he was feeling his worst, he met the biggest and oldest tortoise in town. He was a wise old turtle, who was two hundred years old and was as big as a house. Zuki spoke to him in a very timid voice because he was afraid of this very big turtle. But the old wise turtle was as kind as he was big and was very eager to help him. "Hey, there," he said in his big bellowing voice, "I'll tell you a secret. Don't you know you are carrying the answer to your problems around with you?" Zuki didn't know what he was talking about. "Your shell—your shell!" he bellowed. "That's why you have a shell.



You can hide in your shell whenever you get that feeling inside that tells you, you are angry and want to fight. When you are in your shell, you can have a moment to rest, until you don't feel angry anymore. So next time you get angry, just go into your shell."

Zuki liked the idea, and he was very eager to try his new secret in school. The next day came and he was doing his work in school. Suddenly, the boy next to him accidentally bumped him on the back. He started to feel that angry feeling again, and was about to loose his temper and punch the boy. Then he remembered the words of Wise Old Turtle. He pulled in his arms, legs, and head, quick as a wink and rested until he didn't feel angry anymore. He was delighted to find it so nice and comfortable in his shell where no one could bother him. When he came out, he was surprised to see his teacher smiling at him. She said she was proud of him! He kept using his secret for the rest of the year. Whenever anyone hit him, he used it. Whenever he wanted to hit anyone else, he used it. Whenever someone teased him or he wanted to tease someone else, he used it. When he got his report card, it was the best in the whole class!

Monthly Activity:

Please See Back

**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 May 15th and 16th**  
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.

# ANGER MANAGEMENT

What things made Zuki mad?

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What things make you mad and want to fight?

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How did Zuki feel when he was always getting in trouble?

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What did Wise Old Turtle tell him to do when he got angry instead of fighting?

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How did Zuki feel when he was in his shell after the boy bumped him?

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What do you do when you feel like fighting?

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What will you do next time you get angry?

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How will your parents feel when you are like Zuki and hide in your "shell" instead of getting angry?

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How can you be like Wise Old Turtle and help your friends when they get angry?

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