



BLACK BELT SKILLS SHEET



BLACK BELT EXCELLENCE

HOME/SCHOOL APPROVAL FORM

MONTHLY THEME

STUDENT CREED

“I will develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.”

“I will develop self-discipline in order to bring out the best in myself and others.”

“I will use common sense before self-defense and never be abusive or offensive.”

This is a Black Belt School, we are motivated, we are on a quest to be our best. Winners never quit, quitters never win, I choose to Win!

Monthly Activity:

Parents please assist your child with the following activity.

Review the student creed above and have a clear understanding of what it means. On the next page is a chart and question pertaining to the student creed. For each chart, write examples of ways to develop yourself in a positive way and then list things to avoid what would negatively impact your physical and mental well-being and answer the questions about when to use self-defense.

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 June 12th or 13th
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.

Fill out the below charts giving positive and negative actions concerning mental growth

Mental Growth and Physical Health Chart

MENTAL GROWTH

Positive Actions		Negative Actions	
1.	Read a Book	1.	Too Much TV
2.		2.	
3.		3.	
4.		4.	
5.		5.	

Mental Growth and Physical Health Chart

PHYSICAL HEALTH

Positive Actions		Negative Actions	
1.	Exercise	1.	Eating Poorly
2.		2.	
3.		3.	
4.		4.	
5.		5.	

Circle the best answer about using common sense when it comes to self-defense.

1. Which is an appropriate place to use Martial Arts?

- A. At School
- B. At Home
- C. At Church
- D. In Martial Arts class

2. When should we use Martial Arts?

- A. If someone calls us a name
- B. When someone bumps into us
- C. If a stranger tries to harm and hurt us
- D. When brothers or sisters are bothering us

3. If someone really makes us mad we should...

- A. Call them a really bad name
- B. Walk away and take a cool down
- C. Punch them square in the nose
- D. Talk bad about them behind their back

4. If a stranger approaches us we should...

- A. Accept candy from them
- B. Get in the car with them
- C. Keep our eyes on them and get away as quickly as possible
- D. Flying side-kick them in the belly

5. When we get good at Martial Arts we should...

- A. Show everybody at school by beating up on people
- B. Practice self-control and save it for the Martial Arts classroom
- C. Punch or kick holes in the walls at home or school
- D. Play fight with our friends

6. If a bully is picking on us we should...

- A. Punch them before they can hurt us
- B. Put our fists up and make a warrior face
- C. Get in a self-protection stance and tell them to back off and then talk to our parents
- D. Get a group of friends to help you beat them up