



# BLACK BELT SKILLS SHEET



# BLACK BELT EXCELLENCE

HOME/SCHOOL APPROVAL FORM

## MONTHLY THEME

### *BELT TESTING*

List all the requirements you are going to be tested on later this month. Hint: if you don't know, visit [MAImembers.com](http://MAImembers.com) to see your current requirements.

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What is your *strongest* of these requirements?

What is your *weakest* of these requirements?

How much **DO YOU** practice each day? (Please be honest).

How much **SHOULD YOU** practice each day to be an Awesome MAI Black Belt and Sensei?

What can **YOU** improve upon in your daily classes at MAI? (Example: listening better, more effort, showing up consistently, etc). \_\_\_\_\_

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**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 July 17th and 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.