



BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

BLACK BELT EXCELLENCE

MONTHLY THEME

TEAMWORK



*Together Everyone Achieves More
Where two or more people work together to
achieve a common goal."*

Monthly Activity:

Parents please help your child with the following activity.

Little Dragons and Karate Kids: Make a thorough list of different teams that you can think of. Then make a list of any and all teams that you are a part of. This would include much more than just sports teams. These are also groups that you are a part of and contribute to. For example; You are part of a karate team; more specifically, maybe you are part of phase I or II, of a team of green belts or dragons, or demo team and so on. With just the example of karate, many teams can be thought of, so think of your life outside of but including karate and sports teams and list at least 5 teams that you are part of. If you can list more feel free to do so. Then answer the questions about teamwork.

There is no "I" in TEAM!

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 August 21 or 22.
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.

Teamwork

Fill in the Blanks in the definition of teamwork.

TeamWork — Where _____ or more people work _____ to achieve a common _____.

Name Different Teams .

1. _____
2. _____
3. _____
4. _____
5. _____



Name Different Teams that you belong to.

1. _____
2. _____
3. _____
4. _____
5. _____



There is no _____ in Team!

On any true team, is any one person more important than another? YES / NO

Fill in the blanks below

TEAM stands for:

T _____ E _____ A _____ M _____ !

How can people achieve more when they work together?
