



BLACK BELT SKILLS SHEET



BLACK BELT EXCELLENCE

HOME/SCHOOL APPROVAL FORM

MONTHLY THEME

ATTITUDE

As you take your journey towards Black Belt Excellence, you will learn the importance of having the right attitude, what the right attitude is and how you can develop an even better attitude! This month, you will be hearing stories and participating in activities that will excite you and allow you to enjoy developing the proper outlook on your training. You will learn some secrets of motivation and how to turn negative days into positive days. Your life is made up of a series of choices.

The primary purpose of "Building Your Winning Attitude" is to help you understand how to make the choices that will allow you to accomplish great things all through your life.

MONTHLY ACTIVITY:

Students: Complete the worksheet on the back in full. Ask your parents to help if you don't understand something.

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 September 25th or 26th .
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: _____

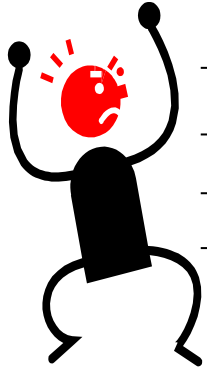
5 Requirements of the Black Belt Excellence Stripe

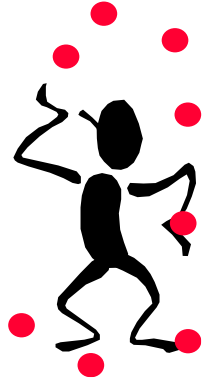
- ✓ Black Belt behavior at home
- ✓ Black Belt behavior and passing grades at school
- ✓ Overall performance and attendance at the karate school.
- ✓ Completion of this Black Belt Excellence Homework sheet monthly.
- ✓ Return this sheet on time.

1. Below, list 5 Negative Words and then across each one write the opposite Positive Word.

5 Negative Words

5 Positive Words





2. Write down how a Negative Attitude did NOT help you at....

School _____

Home _____

Karate _____

3. Write down how a Positive Attitude DID help you at....

School _____

Home _____

Karate _____

4. How can your attitude determine your Altitude?
