



# BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

# BLACK BELT EXCELLENCE

## WHEN YOUR IMAGE IMPROVES YOUR PERFORMANCE IMPROVES

Parents & Students,

This month our focus is on building a *positive self-image*. Dr. Joyce Brothers said, "An individual's self-concept is the core of his personality. It affects every aspect of human behavior: the ability to learn, the capacity to grow and change, the choice of friends, mates, and careers. It is no exaggeration to say that a strong, positive self-image is the best possible preparation for success in life." We feel strongly that a positive self-image is a necessary and important part of a person and we know it plays a huge role in helping them realize their dreams. We want all of our students to develop their positive self-image and the exercises and lessons this month are intended to help this happen.

Build a healthy self-image with a series of short steps. One reason many people never attempt new things is their fear of failure. If possible, start any new venture with a phase or portion you are confident you can handle, then transfer that initial accomplishment from one area of success to another. The child who multiplies 2 x 2 transfers that to bigger success and multiplies 2 x 3 x 4 x 5 x 6. She sees herself capable of mastering mathematics. The youngster who "survives" the first batch of oatmeal cookies sees herself as capable of baking better things. At Calhoun High School in Port Lavaca, Texas, a high jumper jumped four inches higher than ever before and their pole vaulter set the national record. Both of these young men credit an improvement in self-image with their improvement in performance. As each warms up he sees himself successfully clearing the lower heights until he sees himself clearing the greater ones. The point in building your healthy self-image is this: start in an area where you know you can succeed. Once success is accomplished there, move another step, and another and another. Each step gives you added confidence and your self-image improves your performance, which improves your self-image, which improves performance, which improves . . . You get the point!

*"You cannot consistently perform in a manner that is inconsistent with the way you see yourself."*

Please see back of page.

**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 November 18th or 19th .  
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.

Please answer these questions.  
List the 5 words that describe you best.

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2. State 3 things you do best.

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3. State 3 things you would like to do better.

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4. State the BEST things that have happened to you.

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5. Name 3 important people who have helped you.

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6. State 3 important things you have done for someone else.

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7. State some accomplishments you have made in martial arts and tell how you feel about yourself.

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Success is not measured by how we compare with others. Success is measured by comparing our accomplishments to our capabilities.