



BLACK BELT SKILLS SHEET



HONOR BENEVOLENCE COURAGE
HOME/SCHOOL APPROVAL FORM

BLACK BELT EXCELLENCE

MONTHLY THEME

Teamwork (Kanōsei)

In Karate, teamwork is an essential part of your training. Working together with your training partners helps to build trust, communication and respect. When students support each other, whether during drills or sparring, everyone learns faster and grows stronger. Teamwork means sharing knowledge, encouraging each other, and cooperating to create a positive training environment. In the dojo, no one achieves success alone, each person's progress contributes to the strength of the whole group.

"A karateka's journey is strengthened by those who walk beside him"
-Okinawan Proverb

1) Why is it important to celebrate the successes of your teammates and not just your own?

2) What are the qualities of a good teammate?

3) What does Together Everyone Achieves More (TEAM) mean?

4) What can you do if a teammate is struggling or feeling discouraged?

This Black Belt Excellence sheet is REQUIRED for belt promotion. Students must turn in the 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 belt testing day.

Student Name: _____

Student Rank: _____

Parent Signature: _____

**THIS SHEET MUST BE TURNED
IN BY THE 20TH OF THE MONTH!**
Remember that these sheets are
YOUR responsibility and not your
parent's!