



BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

BLACK BELT EXCELLENCE

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 the "members area" of MAIchampions.com to see your current requirements.

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 do to be more intense in your classes and during testing, etc)?

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 October 11th and 12th.
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.