



BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

BLACK BELT EXCELLENCE

MONTHLY THEME

BLACK BELT PRINCIPLES



These Black Belt Principles are principles of *POWER*. They are not designed to hold you back in life, they are designed to help you succeed in life! These principles are the attitude traits and character qualities of a winner.

Take the time to study how these qualities are practiced in our everyday life.

Kids: Complete the worksheet on the back. First, defining what each Black Belt Principle means. Next, explain how you would use this principle in life.

8—12 year olds : Read and explain what the poem means to you.

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 May 17th or 18th.
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.

Black Belt principle	Definition?	How do you use it in life?
MODESTY		
RESPECT		
COURTESY		
SELF-CONTROL		
SELF-DISCIPLINE		
PERSEVERANCE		

II. **KARATE KIDS ONLY.** In class I read the following poem; *I'm the one who writes my own story, I decide the kind of person I will be, What goes in the plot and what does not, is pretty much up to me.* Explain in your own words what this poem means to you.


