



BELT EXCELLENCE 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 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 a negative day 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.

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

5 Negative Words

5 Positive Words



Five horizontal lines for writing negative words.

Five horizontal lines for writing positive words.

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 Roeksbutr for students seeking belt advancement.

THIS SHEET MUST BE TURNED IN BY THE WEEK OF APRIL 16th, 2011

Student's name _____ Rank _____

Parent's signature _____ Date _____

1. Write down how a *NEGATIVE* Attitude did **NOT** help you at.....

School: _____

Home: _____

Karate: _____

2. Write down how a *POSITIVE* Attitude **DID** help you at.....

School: _____

Home: _____

Karate: _____

3. How can your Attitude determine your Altitude?



Karate For Kids

School Worksheet

Student's Name: _____

This worksheet is designed to reinforce and create good behavior and study habits in your child when he/she is at school. Your child should take this to his/her teacher and have him/her fill it out. Your child shall receive a gold star for his/her uniform if he/she receives an "Excellent" in each category.

	<i>Excellent</i>	<i>Is Improving</i>	<i>Average</i>	<i>Needs Improvement</i>
<i>Behavior</i>				
<i>Grades</i>				
<i>Homework</i>				

Teacher's Signature _____

I hereby authorize my child's teacher to release this private information

Parent's signature: _____