



# BLACK BELT SKILLS SHEET



# BLACK BELT EXCELLENCE

HOME/SCHOOL APPROVAL FORM

## Monthly Activity:

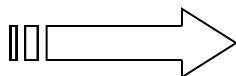
*Generosity*

Real generosity is doing something nice for someone who will never find out.  
— Frank A. Clark

"The most important thing in any relationship is not what you get but what you give.... In any case, the giving of love is an education in itself."  
— Eleanor Roosevelt, American First Lady and social activist (1884-1962)

"You cannot do a kindness too soon because you never know how soon it will be too late."  
— Ralph Waldo Emerson, American essayist, philosopher and poet (1803-1882)

"You must be fit to give before you can be fit to receive."  
— James Stephens, Irish novelist and poet (1882-1950)



## Monthly Activity:

☺ On the back of this page write what you think the quotes above mean, and give 2 examples of your own experience where you did something kind for someone for no reason.

**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 the week of Dec. 19th**  
**Remember, these sheets are YOUR responsibility and not your**

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.

Student Name: \_\_\_\_\_  
 Student Rank: \_\_\_\_\_  
 Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**5 Re-**  
**quirements 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.

## GOOD DEEDS

NAME: \_\_\_\_\_

BRUSH MY TEETH	
CLEAN MY ROOM	
MADE MY BED	
SHOWED RESPECT TO MY FAMILY	
HELPED MOM AND DAD	
DID MY HOMEWORK ON TIME	
PRACTICED MY KARATE FOR 15 MINUTES	
EXTRA	

EXPLAIN EXTRA: