



# BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

BLACK  
BELT

BELT

# EXCELLENCE

Monthly Activity:

In the student creed: "I will develop myself in a positive manner". Write out 10 different things that falls under this phrase.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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 Monton for students seeking belt advancement. Students must turn in completed form on time or will receive 10-30 pushups (depending on rank).

**This sheet must be turned in by June 21st, 2010**

Student Name: \_\_\_\_\_

Student Rank: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## 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:

PARENT SIGNATURE: