

Black BELT EXCELLENCE



March Theme:

PATIENCE

*“Wait patiently for the Lord;
be brave and courageous.*

Yes, Wait patiently for the Lord.”

Psalm 27:14

How many of you have been on a road trip? You're stuck in the backseat while someone is driving you to where you're going. It can tend to be boring after while, isn't it? Sitting in the car for so long, you tend to get impatient to get to where you are going so that you can finally stretch your legs and be done with the car ride. How about waiting in line at school for lunch? Seeing all those kids in front of you can make you feel anxious to eat.

Patience is waiting until later for what you want now. We have lots of things we want and we want them now. The Bible tells us that we must learn to wait patiently for the things that God has in store for us.

With the Black Belt training program, each student must “pay their dues.” The progression of belt levels prevents students from relying on getting what they want right away and forces the student to learn patience, hard work, and the value of dedication. When a student graduates to Black Belt, it means so much because they've earned it through hard work. Emotions can run high for both student and parents because not only was it a commitment on the student's part but the parent's as well.

To have patience in martial arts training means that: 1) You *don't* push yourself too hard physically. 2) You *don't* push yourself too hard mentally. 3) You *don't* take the attitude that you're "good enough". BUT you 1) **do** focus on the small issues. 2) You **do** relax - tension is a primary enemy of the martial artist. 3) You **do** understand you're training - not performing for others

God never hurries. There is no deadline to when God decides what to do. We need to learn that there are better things we can do while we wait.. We need to remember that God has his own plan in store for us, so we need to pray and be patient for Him to reveal it to us.

This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required by the school for students seeking to earn belt advancement.

Student's Name _____

Parent's Signature _____

Date: _____

Due March 19th

5 Requirements of the Black Belt Excellence Stripe

- ◆ Responsible behavior at home
- ◆ Responsible behavior and passing grades at school
- ◆ Overall performance and attendance at the karate school
- ◆ Completion of the monthly Excellence Sheets
- ◆ Returning the Excellence sheet by the due date
To an instructor at the beginning of the class
- ◆ Returning the Excellence sheet on time,
qualifies you for student of the month and belt testing

Patience

Define Patience :

Is Patience a Fruit of the Spirit? Yes or no

What does the Bible tell us to do about Patience?

Name 3 areas you can be more patient in :

- 1. _____
- 2. _____
- 3. _____

Write out Psalm 27:14

C	I	P	R	U	R	B	D	Z	R	T	M	A	C	M
Z	V	A	P	Z	G	L	A	R	K	R	R	R	A	Q
P	G	T	W	Z	S	O	D	G	W	B	C	U	S	Y
E	L	I	X	D	D	N	C	Z	N	Y	M	R	S	R
W	E	E	S	H	O	G	H	X	P	I	M	F	M	T
T	H	N	G	W	Z	L	D	G	U	Z	T	G	M	Q
N	U	C	S	U	F	F	E	R	I	N	G	I	G	N
N	A	E	L	A	S	F	N	H	J	N	U	F	A	V
I	J	E	V	E	I	T	D	M	O	U	B	C	Q	W
M	R	T	F	M	Q	G	E	D	W	H	J	D	Z	G
M	T	U	Z	I	O	E	X	J	U	V	K	I	M	D
I	N	B	J	T	S	N	H	I	X	X	E	K	N	Y
A	V	F	Y	B	U	K	O	L	N	M	B	D	G	A
V	I	Y	S	U	W	O	M	V	J	F	N	J	Y	Y
M	K	T	G	T	C	C	T	N	B	V	X	T	E	M

Fill in the blank

_____ on the Lord.

Be _____

Don't lose _____

Waiting Trust Patience
Long Suffering Now Time

