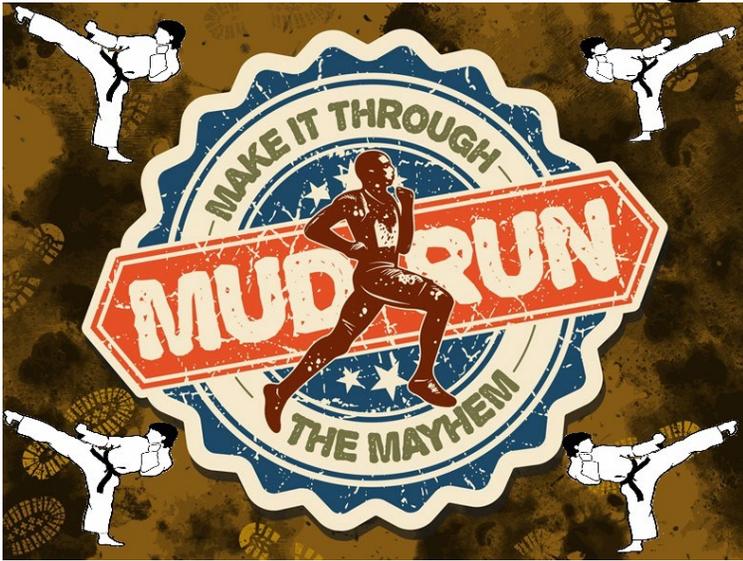


Black Belt EXCELLENCE



MAY THEME Perseverance

“ But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.”
Isaiah 40:31

Have you ever felt like you are running out of energy in a race, and suddenly you get a “second wind” and you have the energy to push through to the finish line? Sometimes in life it takes a lot to push through times when we feel like we are at our breaking point. Perseverance is something we are given by God. Perseverance means that you push through something despite how hard it is or how long it takes to succeed. There is a lot of things in life that require perseverance that don't have to do with just running. It could be working hard in school to raise a bad grade up before school is out, or working hard at a job to save up money for a trip you want to take this summer. Perseverance is needed in a lot of aspects of life.

Did you know that perseverance is extremely important in karate as well? Imagine you have a big belt test coming up, your black belt test. You've worked hard for countless days, months, even years to get to this point. All the practicing, all the training, all the times getting smacked around during sparring have lead to this moment. Do you just lose hope and give up now? No! You persevere and you push through it and you accomplish that black belt testing. Whether it means more practice, harder training, more studying of your kata's and combinations, working heavily on your self-defense attacks, and even working on boosting your cardio for the run and for the amount of sparring you will do during testing, you show perseverance and you get through it. That's what makes someone a great black belt.

God gives us a “second wind” with him as well. We all fall short and sin at times. However, he persevered with us and gave us a chance to repent and come back to Him. We as Christians should strive to show perseverance in our walks with God as well. We should read the Bible, dive more into prayer and spending time with Him, and more. If we show perseverance in our Christian faith, just imagine the success and cheer we will receive when we finally finish our life's race!

This month my son/daughter or student has demonstrated both at home and at school those qualities of responsibility required by our school for students seeking to earn the *Black Belt Excellence Stripe*.

First Name _____

Last Name _____

Date: _____

Parent Signature _____

Date Signed by Instructor _____

6 Requirements of the Stripe of Excellence

- ◆ Black Belt Excellence behavior at home
- ◆ Black Belt Excellence behavior and passing grades at school
- ◆ Overall performance and attendance at the karate school
- ◆ Completion of the monthly Black Belt Excellence activity sheet and assignment
- ◆ Returning the Black Belt Excellence sheet when due
- ◆ Returning the Excellence sheet on time, qualifies you for student of the month and belt testing

Return your BBE Sheet to an instructor at the beginning of class to receive your black stripe.

Due by May 16th

Due by May 16th

Name: _____

1. What does the word "Perseverance" mean to you?

2. Why is it important to have perseverance in karate?

3. In what areas of karate is it difficult for you to persevere?

4. What are three steps you can take to get better at perseverance?

Perseverance

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

CONTINUE
PERSISTS
BE STUBBORN
PRESS ON
CARRY ON
HANG TOUGH
PROCEED
HOLD FAST
MAINTAIN
PERSEVERANCE
NEVER GIVE UP
STAND FIRM
PURSUE
BE STRONG
GO FOR BROKE

