

# Black Belt EXCELLENCE

## AUGUST THEME

### WISDOM

**“If any of you lacks wisdom, you should ask God... And it will be given to you.” James 1:5a**



Do you know how important wisdom is? The Bible says in Proverbs 3:14-15 that wisdom is more valuable than anything else in the world. But, how often are we wise in what we decide to do? A lot of times we tend to react before thinking through on the choices and decisions we make, and it can sometimes land us in trouble when we make the wrong choice. With wisdom, we have the knowledge to determine right from wrong and helps us make the right decision. Wisdom is the quality of having experience, knowledge, and good judgement. Without experience, knowledge, and good judgement, we are constantly going to fall short.

So, how does having wisdom help us with karate? Wisdom applies to a lot of things in karate. If you know you have a big belt test coming up, do you think it's wise to stay up super late the night before playing video games and eating tons of sugary sweets? The answer is no. The wise decision would be to practice your techniques and get a good night's sleep so you are ready to give it your best. We can also use wisdom when sparring. Remembering your techniques and training would help you to be wise in anticipating your opponent's moves.

There is only one way to gain true wisdom: God. God is the only true source of wisdom. Without him, we can't possibly expect to be wise in all that we do. James 1:5a says, "If any of you lacks wisdom, you should ask God.. And it will be given to you." If we want to be wise, we need to ask God to give us wisdom. Wisdom is one of the fruits of the Spirit we should all strive to have!

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.

## Write out James 1:5a

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### Match the question on the left to the correct statement on the right

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|---|--|
| <p>What is more valuable than anything in the world? ●</p>                | <p>● “If any of you lacks wisdom, you should ask God.. And it will be given to you.”</p> |
| <p>This is one of the three things you need to have to have wisdom: ●</p> | <p>● God</p>   |
| <p>Wisdom helps us choose right from what? ●</p>                          | <p>● Good Judgement</p>  |
| <p>Who is the only true source of wisdom? ●</p>                           | <p>● Wisdom</p>  |
| <p>James 1:5a says: ●</p>   | <p>● Wrong</p>   |

CHOICES FRIENDS TEACHER WISDOM TRUST LEAP GOD TONGUE KNOWLEDGE

I D N H W P D T U P X U D U R Y V S E N S G I D Z

K H F D B J U S S T K V V X I G K T B I N S U T P

K N O W L E D G E U R E H C A E T C H O I C E S A

Y G V O G D I C W Y R G S D N E I R F O C P K T E

E U G N O T O B R O W T J G K W I S D O M P P Q L

