

# Black Belt EXCELLENCE

## October Theme



### Memory Verse:

**"Then he said to them, 'Watch out!' Be on your guard against all kinds of greed; life does not consist in an abundance of possessions."  
Luke 12:15**

Have you ever seen a toy on the television and thought: "Man, I have GOT to have that!" So you go and beg your parents to get it for you. Probably they tell you no and that makes you mad because you really wanted that toy. Do you think that is showing contentment? No. We should be happy with what we have and are given, rather than seeking for more and more. Paul, the apostle, wrote, "I don't say this out of need, for I have learned to be content in whatever circumstances I am" (Philippians 4:11). How could he make such a statement? Because he knew that having contentment lies in what he has, but in who he is. God helps us be okay with what we have, no matter what. Life is always going to change, and you will not find happiness in the things you have. However, in God, you can find happiness that is eternal.

How can we show contentment in karate? Sometimes it can be hard to find contentment in karate. Maybe you didn't pass your belt testing, or it could be that you didn't succeed in a combination that you know. It can get us discouraged if we let it. Through God and practice, though, we can strengthen our skills, hone our ability, and perform better the next time. If you work hard, you can have contentment that you have put in the effort to better yourself and your karate. Contentment is something that you receive after doing all that you can and knowing that you gave it your all.

Sometimes we can see other in this life that have a better car, a nicer toy, a bigger house, cooler clothes, and other things. Wanting to have those things for ourselves can make us miserable when we don't get them. However, don't miss out what you have right now. The most important things in life aren't what you can get on this earth, but what God can give you spiritually. Contentment is only truly achieved through God, because only through him can we reach a state of true happiness and satisfaction!

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 October 25th

# Due October 25th

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

Find out one of the secrets to a happy, content life. Work the problems. Match your answer to the number in the Code Box. Write the matching letter on the blank below the sum.

## CODE BOX

D	E	H	N	O	R	S	T	V	W
10	7	9	8	5	12	4	3	11	13
			A			Y			
			6			15			

$\begin{array}{r} 5 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 3 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ + 4 \\ \hline \end{array}$	$\begin{array}{r} 1 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ + 3 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ + 8 \\ \hline \end{array}$
_____	_____	_____	_____	_____	_____	_____	_____

$\begin{array}{r} 8 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ + 1 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 3 \\ + 0 \\ \hline \end{array}$
_____	_____	_____	_____

$\begin{array}{r} 4 \\ + 1 \\ \hline \end{array}$	$\begin{array}{r} 1 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 3 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 1 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 6 \\ \hline \end{array}$	$\begin{array}{r} 3 \\ + 1 \\ \hline \end{array}$
_____	_____	_____	_____	_____	_____

$\begin{array}{r} 7 \\ + 2 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 1 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ + 5 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ + 2 \\ \hline \end{array}$
_____	_____	_____	_____

Write out this month's Bible verse:

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God can help  
you be okay  
no matter what.

Stuff  
can't keep  
you happy.

Wanting what  
others have can  
make you miserable.

Don't miss out  
on what you  
have now.

**more**  
OF  
**LESS?**  
*The Choice is Yours!*