

Black Belt EXCELLENCE

November Theme



Memory Verse:

“Two people are better than one, because they have a good return for their labor.”
Ecclesiastes 4:9

Cooperation is working together to do more than you can do alone. Have you ever been on a sports team? Do you do everything by yourself? Or do you work together to win? Take baseball for example. It takes the whole team working together to get people out and to get around the bases to score. There is an old saying, “There’s no ‘I’ in team,” and that’s true. You need to cooperate with others to win. Cooperation is important when you are trying to accomplish things together. God wants us to cooperate and work together. Without cooperation, we wouldn’t succeed at everything we do.

How does cooperation apply to karate though? How can using cooperation help us in our karate lessons? When you are learning techniques during sparring, it is important to cooperate with your partner when practicing the moves. If you don’t cooperate with your partner, you could end up hurting them or you, yourself, getting hurt. Maybe you made it on the demo team. You see everyone around you performing their kata in sync with each other. It’s important that you cooperate with everyone else and practice your kata. If you don’t, you will stand out like a sore thumb when everyone else is in time with each other and you’re falling behind in your movements behind everyone else.

Cooperation is important in life. When we work together, not only can we help others succeed, but we can also help steer people to Christ by working together as a team. Helping other in need by working together speaks into their lives and allows them to fully see God’s love through us. Remember, by working together you can do more than you can do alone. Working with other and with God, there is nothing that through Him we can not do!

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 _____

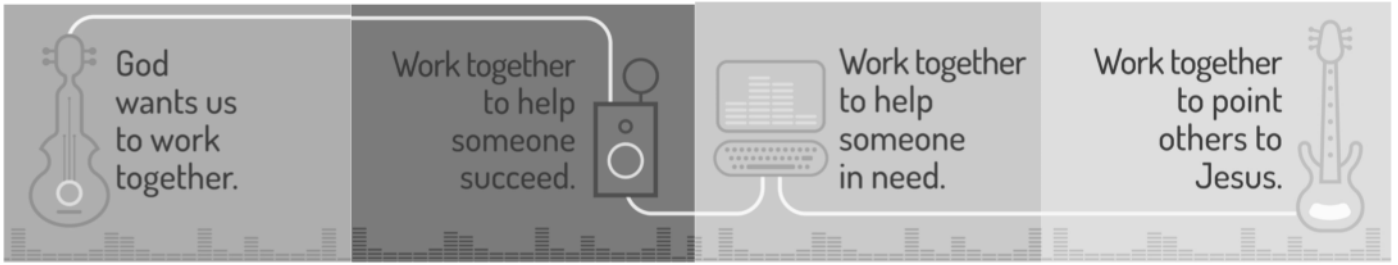
Date Signed by Instructor _____

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 November 27



1. How do you feel when you are not part of a group?

2. Tell 2 ways that you are cooperative at school and at home.

Home:

School:

1. _____

1. _____

2. _____

2. _____

Cooperation Word Search

Labor

Success

Accomplish

Teamwork

Collaboration

Techniques

Cooperation

Together

Ecclesiastes

Guidance

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