

# Black Belt EXCELLENCE

## January

## Self-Control

Memory Verse:

*"His divine power has given us everything we need for a godly life."*

**2 Peter 1:3a**



Have you ever been in a situation at school where someone was picking on you and it took every ounce of your being not to lash out and attack them back for it? What you did is practice Self-Control. Self control is choosing to do what you should even when you don't want to and it can be extremely hard to do at times. However, self control can be used in a lot of ways in your daily lives. We can use self control to help refrain from a lot of temptations, whether it be food if we are on a diet or trying to lose weight, or not spending money on a new video game when we know there is more important things we could use that money for, or even forcing ourselves to go to bed early because we have school in the morning and turning off the tv instead of staying up all night.

In karate, self-control is a **BIG** important step of growth. It can mean the difference between pulling back on your strike during practice sparring or knocking your opponent flat on their back because you hit them full force. Self-control in karate teaches us that we should be mindful of those around us as well as what we are doing. It teaches you to not only listen to what is being told, but also it is needed when learning new techniques needed to move to the next belt rank.

In the Bible, Galatians 5:22-23 says, *"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law."* God wants us to show self-control in our Christian walk in life. It's important because a Christian with self-control can show others how being level-headed can solve a lot of life's problems that it throws at you. God wants you to show the fruits of the Spirit towards others because seeing that within your life will draw them closer to Him and create a desire for them to learn more about why you behave the way that you do!

### 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 January 25th

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** \_\_\_\_\_

# Due by January 25th

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

## Match with a line the self control Bible verse quote with the appropriate Bible verse

“Like a city whose walls are broken through is a person who lacks self-control.” ○

○ Titus 1:8

“Rather, he must be hospitable, one who loves what is good, who is self-controlled, upright, holy, and disciplined.” ○

○ 2 Timothy 1:7

“For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline (self-control).” ○

○ Proverbs 25:28

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self control. Against such things there is no law.” ○

○ Galatians 5:22-23

### Word List:

Attitude

Determination

Discipline

Discretion

Patience

Poise

Self Control

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

