

Black Belt EXCELLENCE

December Monthly Theme: "Generosity"

Command them to do good, to be rich in good deeds,
and to be generous and willing to share.
1 Timothy 6:18



This month we are talking about *Generosity*. Making someone's day by giving something away. Giving is both a joy and a privilege. Every good and perfect gift comes from God. In fact, generosity is at the very core of God's character — He even gave us His own son, Jesus! Jesus showed unwavering generosity as He traded His life for ours. And, because God gave us Jesus and Jesus gave His life, we can be generous toward others. Not only that, but when we are generous toward others, we prove that we love God by loving the people He loves.

How can you show *Generosity* in karate, soccer, football, cheer or even as a student? If you know something that someone else doesn't know that could help them, you could keep it to yourself or you could be generous and you could share that with them. Hey! Help em out. You may have a secret of how to do the tornado kick easier, share it! You may know how to position yourself near the net to score off your head. A head shot. Share it! You may know how to throw a spiral with a football. Don't hold in, share it! If you think a team mate's music for their floor exercise is really really good, in an effort to build her confidence, tell her. If you know an easier way to do math, don't keep it to yourself, share it!

It takes faith to be a generous giver. Because God gave, you can give generously with your family, friends and neighbors. If you are focused on relationships more than getting more stuff, you're more likely to see the needs around you and be generous in how we help others. Look around and see ways you can give with your time and talents. Celebrate Jesus, God's most generous gift.

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

Student's Name _____

Dated _____

Parent's Signature _____

Due By December 16-17

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 Dec 16-17

Generosity:
The habit of
giving freely
without expecting
anything
in return.

In Karate, write down 3 **WAYS** you can give.

Write down 3 non tangible (things you cannot touch) gifts you can give.

Write down 3 emotions you have when you give to Others. How do you feel when you help another person?



How do you think you could be generous to another student in karate?

Read Luke 6:38. What happens when you give?

What is the best gift you have ever given someone?

What is God's Greatest Gift? _____

