

Black Belt EXCELLENCE



Memory Verse:

In this world you will have trouble. But take heart! I have overcome the world.

John 16:33

Have you ever felt like everything around you is coming down around you? Have you ever felt yourself getting to the point of giving up? Sometimes we go through problems and troubles in life that are bad. However, by having hope, we can push through these times and believe that something good will come after the hard times. Hope is a driving force that gives us the strength to persevere. In the Bible, there are numerous examples of people having faith in times of struggle and pain. Job is a prime example of this. Job was a man who believed in God with all his heart. Satan told God that he would not stay faithful to God if his life went through tragedies. God believed in Job's faith so he allowed Satan to tempt Job. Job went through unspeakable temptation and torture by Satan, but yet Job had faith in God and stayed hopeful that God would see him through it. He never turned away because he had hope in the Lord.

How does hope apply to karate though? Have you ever had a testing where you didn't pass? You feel discouraged and disappointed. However, you can have hope that you will do better next testing. Having hope during these times of discouragement helps us push even harder to do better the next time. Hope gives us the strength to push ourselves to do better. Whether that's double practices on the combinations we need, or practicing sparring on your own time with a friend to do better at sparring, having hope that you can do this will help you in the long run.

When the world had been lost in sin and corruption, we were lost and drawing away from the Lord, losing our chance to go to heaven. God sent down His Son, Jesus, so that we could have the everlasting hope of being in Heaven with God when we pass away. We have to have hope in times of trouble because we know that God gave us His Son because He has hope in us!

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 by April 25th

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Name: _____

1. Have you ever felt a time when you didn't think you would get past something tough?

Yes / No

2. What is one thing this month that having hope will help you get through it?

3. What does hope mean?

4. What is one thing in karate that you hope that you will do or learn?

Use the code to find one of the reasons we can always have hope in our lives.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R
19	20	21	22	23	24	25	26										
S	T	U	V	W	X	Y	Z										

1 14 4 / 23 5 / 11 14 15 23 / 20 8 1 20 / 1 12 12 /

20 8 9 14 7 19 / 23 15 18 11 / 20 15 7 5 20 8 5 18 / 6 15 18 /

7 15 15 4 / 20 15 / 20 8 15 19 5 / 23 8 15 / 12 15 22 5 / 7 15 4 /

Write out this month's bible verse:

