

Black Belt EXCELLENCE



August Theme: "Courage"

Be strong and brave. Do not be afraid. Do not lose hope. I am the Lord your God. I will be with you everywhere you go. Joshua 1:9

Hey Congratulations! There you are in your clean uniform and new belt. You just got promoted. You can't wait to attend your first class in your new program. As you walk into the dojo, you see everyone is putting on their sparring gear. You've been so caught up in the promotion you completely forgot to check the calendar to see what you were doing in class today. Oh, that's right, it's sparring. Now I'm going to kick and punch someone and they're going to kick and punch...back at me. Not really sure how it's all going to turn out, you nervously begin your class.

This is only one example where we have to develop "Courage", our Life Skill for the month of August. When your stomach is turning inside you, it's courage that helps you face the challenge. Courage is that feeling you get when you have confidence to be able to overcome a challenge. Courage is being brave enough to do what you should do, even when you're afraid.

Another example of having courage is when someone is bullying you at school. You've been able to avoid them...until today. Now they are coming right towards you. With courage you know you can face them. Not starting a fight, not backing away, yes, you can face them. How? Because you are never alone.

When we believe and trust in God we have a unique source of strength and courage. There will be times when we're going to be afraid. But we can trust in God who is bigger than us. And put our hope in God who is with us and is in control of every situation. Because of God, we can find the strength to be courageous everyday.

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 August 27th

Due by August 27th

Name: _____

What is the definition of courage? _____

What is the feeling you have to overcome to demonstrate courage?

___alse ___vidence ___ppears ___eal

Name an old testament king who displayed courage: D_____

How did he display courage in the bible story? _____

Personal Example of someone who displayed courage (who & how)

Be strong and _____. Do not be _____. Do not lose _____.

I am the _____ your God. I will be with you _____ you go.

_____ 1:9

Answer the following questions True or False.

- _____ You can use courage in positive or negative ways
- _____ It is easier to be courageous if you are in a popular group
- _____ Students at school are often courageous
- _____ Peer pressure is overrated
- _____ It takes courage to admit to others when you made a mistake
- _____ It is always better to keep out of things unless it directly involves you

Rank the following from most courageous (1) to least courageous (6).

- _____ To try out for a sports team when your not sure if you will make the team
- _____ To try to make a new friend when your not sure if they will like you
- _____ To say no to cigarettes when all you other friends are smoking
- _____ To try to water-ski in front of your friends when you have never tried it before

