

Black Belt EXCELLENCE



AUGUST THEME COMMUNITY

“All the believers were united in heart and mind. And they felt that what they owned was not their own, so they shared everything they had.”

ACTS 4:32

Community is important because God loves people and he knows that people need people. He created us to live in community, giving and receiving support, which leads to generosity and gratitude. Mark 10:45. “For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.” Just as the Lord came to earth to serve others, we are most like Him when we have a heart of service. The Church can play a vital role in Christians helping others as they provide: food banks – a place where people who are less fortunate can go and collect some food. Salvation Army – a Christian organization who help those who are suffering. Jesus once said that whatever we do to the least of our neighbors, we do to Him. So if you really want to serve Him, the best way to start is by serving those who are in need.

You may be fortunate to have things that you see others don't have. Most of the time we just turn our backs and don't give a second thought to their situation. You have several friends, where they may not have any. When we offer the “bring-a-buddy-board-breaking” class once a month is not for Family Martial Arts to gain students. It is for the student to provide a free activity to someone who, otherwise, would never get invited to such a nice event. Not to mention a great way to meet new kids their own age.

Community is reaching out to others and helping. It's about recognizing the hurt and helping heal. It's about caring for the lost and show them the way. In Romans Jesus said I am the way the truth and life. Jesus was big on community. And so should we. Share your time, talent and treasure with someone who needs it but you know, wouldn't ask.

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 Posted 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 23

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Name: _____

1. Fill in the blanks with this month's bible verse

All the believers were united in _____ and mind. And they _____ that what they owned was _____ their own, so they _____ everything they _____.

2. True or False

- a. Jesus was only thinking of himself when he would heal someone. True False
- b. When we are gathered with others working or playing we are living in community. True False
- c. Going to church is a healthy sign of community True False
- d. When we volunteer to help with a neighborhood clean-up we are living in community True False

3. Multiple Choice:

- a. Reverse punch 1. said, Blessed are the peacemakers for they are the children of God
- b. Side kick 2. Opposite of hate
- c. Tornado kick 3. Who God has blessed you to live with
- d. Family 4. The kick in Zen shin kotai
- e. Jesus 5. A karate technique in white belt combinations
- f. Love 6. An advanced kick

4. Circle the best answer:



Front kick

Side kick



Backfist

Reverse punch



Ki-eye

Bo



Sparring

Kata



Knife hand

Upper block

Trust in the Lord with all your heart. Lean not on your own understanding. Acknowledge Him and He will make straight your path *Psalms 3*

