

Belt Black BEXCELLENCE



January Theme

Knowledge

"For the Lord gives wisdom; from his mouth come knowledge and understanding." Proverbs 2:6

Happy New Year! This month our life skill is *Knowledge*. *discovering something new so you can be better at whatever you do*. The bible says in Proverbs to get knowledge, understanding and wisdom. How do you get knowledge? Getting *Knowledge* is the same as learning. How do you learn? You go to school and learn from teachers, professors, doctors etc. You read books, attend seminars and hang around people you want to get knowledge about. Most people these days just go to the internet if there is a certain subject they want to know more about.

You ask "what does knowledge have to do with karate?" Maybe you want to learn how to do a certain kick, kata or weapon. Let's say you've seen a tornado kick and thought that was a really cool way to break a board. There's so much twisting and jumping and turning, but you're curious. You want to learn how to do a tornado kick. So now you become a *Private-I. A Private Investigator*. You watch classes in the Karate school that teach the tornado kick. You go check out a book at the library on karate kicks and read through it and study the pictures. You go to You Tube on the internet and watch someone do the kick. You take a private lesson from your karate instructor just to learn more about it. You have questions: How do I do this kick? When do I lift up the kicking leg? Why is it called a "Tornado kick? When would I use a tornado kick? Can I break a board with a tornado kick? Can someone get hurt using a tornado kick? Do I have enough flexibility and coordination to do a tornado kick?" You're gathering all the facts. You are gaining knowledge by doing your research, you are learning. Maybe one day if someone asks you about the Tornado kick you will be able to answer accurately.

The more you learn and the more knowledge you get the better you will be prepared. Maybe you want to excel at school in science or math. Maybe you have a new interest that you want to become good at, like taking up a musical instrument like the guitar or piano. Have you ever considered why we have so much fun learning new things? Curiosity is a natural part of who we are, and life is more interesting when we are growing. The more we learn the more we grow.

God has given us the desire and ability to learn new things. And of course, discovering more about God is especially helpful in all areas of your life. When we grow in our understanding of who God is and how much He loves us, it can help us have perspective and courage in school, in karate, in everything else that we do! Understanding God's ways, we will have a clear path!

First Name _____

Last Name _____

Date _____

Parent Signature _____

Date Entered by Instructor _____

5 Requirements of the Black Belt Excellence Stripe

- Responsible behavior at home
- Responsible behavior and passing grades at school
- Overall performance and attendance at the karate school
- Completion of the monthly Excellence Sheets
- **Returning the Excellence sheet by the due date To an instructor at the beginning of the class**
- **Returning the Excellence sheet on time, qualifies you for student of the month and belt testing**

Must Return by January 24

Due by January 24rd

Unscramble the words to complete the sentences correctly:

1. One way to get knowledge is doing _____ a _____?
2. Another way to say we are getting _____ is we are _____ g
3. List 3 things you would like to learn how to do:

- A .
- B .
- C .

4. Name the different kicks

_____ nt _____ ic _____ I _____ ck _____ o _____ a _____ o Kick
 S _____ n _____ ng _____ a _____ K _____ R _____ n _____ K _____ k
 _____ o _____ b _____ J _____ F _____ o _____ K _____ ck

Crack the code to discover a great New Year's resolution!

Substitute the letter on the top for the one below it, or the one below for the one on top.

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

_____ ;
 SBE GUR YBEQ TVIRF JVFQBZ;

SEBZ UVF ZBHGU PBZR

_____ ;
 XABJYRQTR NAQ HAQREFGNAQVAT

_____ 2:6 NIV
 CEBIREOF

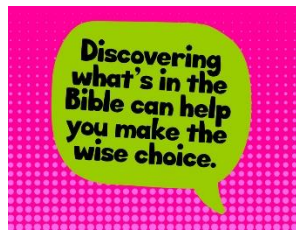
Bottom Line 1



Bottom Line 2



Bottom Line 3



Bottom Line 4

