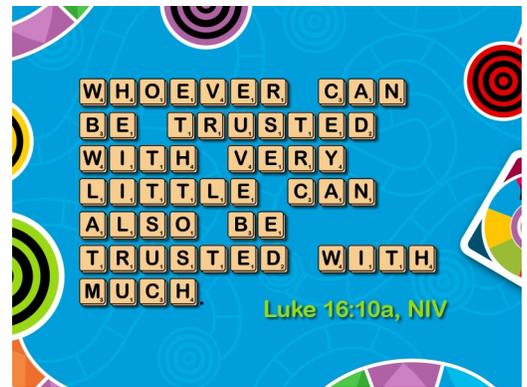


# Black Belt EXCELLENCE



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**2021**



The psalmist wrote, *The earth is the Lord's, and everything in it.* God is the author of creation, and God has entrusted us to care for and cultivate it. We do that by taking responsibility. From the work we need to accomplish to people we meet to the words we use; life is filled with moments where we can decide to reflect God's character, take responsibility, and use what we have wisely. When we follow through and do what needs to be done, we can point others to Jesus, the One who took the ultimate responsibility for us and made it possible for us to be with God forever.

Responsibility is showing others that you can be trusted with what is expected of you. Showing responsibility comes in many actions. Being responsible isn't just about doing chores, it's following through on things you say you are going to do, answering for your own actions, being reliable and showing that you can be trusted, making good choices and not putting things off until the last minute.

Being responsible over little things is a good way to show that you are responsible enough to handle bigger things. When you do something wrong, own up to it and face the punishment. Don't rely on Mom and Dad to take care of your Gi, you take responsibility and make sure that you have your Gi & belt and it is ready for class. Always use your head, think things through and use good judgment. That shows parents that they can trust you. You are the one who chooses the actions that you make so it is up to you if the outcome is good or bad. You take the responsibility.

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 January 21**

***"Whoever can be trusted with very little can also be trusted with much."***  
**Luke 16:10, NIV**

## Being My Best By Taking Responsibility

What is responsibility? \_\_\_\_\_

<u>Self-Worth</u>	Mon	Tue	Wed	Thur	Fri
I made my bed					
I put my dirty clothes in the laundry					
I put my clean clothes away					
I put my personal belongings away					
I picked up everything from the floor					
I helped with dinner clean up					
My martial arts uniform is clean & folded					
<u>Self-Esteem</u>					
I brushed my teeth morning and night					
I put away my toothbrush and paste					
I wiped the water off the sink					
I took a bath or shower					
<u>Self-Discipline</u>					
I practiced karate at home					
I gave my best effort in school					
I showed respect to all adults					
I did my best on my homework					
<u>Self-Respect</u>					
I was ready for school in the morning					
I was ready and waiting with uniform on for class					
I used "Please" and "Thank you" with everyone					
I said "Yes Maam" or "No Maam"					
I didn't talk back to my parents					
I politely excused myself from the table					

