

Black Belt EXCELLENCE



JUNE - Memory Verse

A new commandment I give to you, that you love one another: just as I have loved you.
John 13:34

Part of having strong character is having strong relationships with your family and friends. These relationships grow strong when you put effort into them: you build relationships by contributing your time, kindness, and honest feelings. It's also important to recognize the relationships you have and be grateful for them. You can show you're grateful by making a point of spending time with your family and friends and by respecting them.

Kara and Sandy had been working together for two weeks on an art project for school - a colorful jungle scene in a cardboard box. At first, Sandy didn't think she'd like working on the jungle project. It sounded like a lot of work and she wasn't very good at art. But working with Kara turned out to be great.

First, they brainstormed what to make and how to make it. Then they phoned and emailed each other for a couple of days to iron out details and share new ideas. And then, of course, they spent hours working together sketching, cutting, coloring and pasting.

Now the work finally was done. The two girls sat together, staring at the scene they had worked on so hard. They'd done a terrific job and, although they'd been friends before they began, they were even closer now. "It's kind of a bummer to be done with this," said Sandy, still looking at the jungle scene. Kara nodded in agreement. "I know," she said. "Let's think of another project. But we'll make this one for us - not for school." Sandy's face lit up, and the two girls immediately began to discuss what their next creation would be.

Student's Name _____

Date _____

Parent's Signature _____

Turn in your sheets to an instructor at the beginning of Your class and you will receive your black stripe.

Instructor Date Signed _____

5 Requirements

- Responsible behavior at home
- Overall performance and attendance at the karate school
- Completion of the monthly Excellence Sheet
- Returning the Excellence sheet on time.
- **Returning the Excellence sheet on time, qualifies you for student of the month and belt testing.**

Must return on time by June 25

Remember these sheets are your responsibility not your parents'.

Junior Karate Students: Below you will find a few questions concerning relationships with friends and family. Please answer the questions as honestly as you can, take your time and have your parents help when needed.

Why did working on the jungle project make Sandy and Kara's friendship stronger?

Why do you think they'd want to do another project together?

What are 3 ways you could help someone else, friend or family?

- 1.
- 2.
- 3.

What are the qualities that make a good friend?

What is the most enjoyable thing your family has done together in the last 2 weeks?

What is the nicest thing a friend has ever done for you?

What are some special celebrations, ceremonies, or traditions you share with your family?

We all have those relationships that are closest to us. Is there someone you feel you need to get closer to?

Do you like to keep only the friends you have or do you invite others to be in your inner-most circle?

What would you suggest to do if 2 of your friends were arguing with each other?

If you called 3 of your friends together and asked them what their favorite bible scripture was, what would you be?

Which of the following choices do you think would be best, and why?

- a. Dinner with everyone at the table and the TV on with your favorite program
 - b. Dinner in which everybody took what they wanted from the fridge and no one had the same thing
 - c. Dinner with the whole family together and no TV on
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PLEASE TURN IN ON TIME – BY JUNE 25