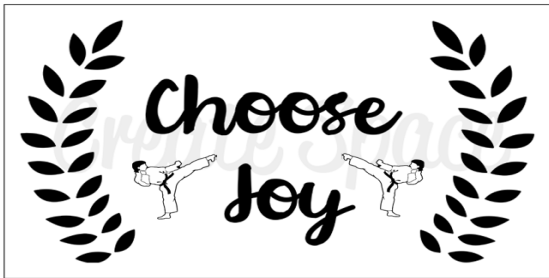


# Belt Black Belt EXCELLENCE



## October Theme **JOY**

*Always be Joyful because you belong to the Lord.  
I will Say it again. Be joyful! Philippians 4:4*

In karate there is always something new to learn. There is always a special look that a Sensei will get on their face when they are about to teach you something. I learn about my strengths and weaknesses, and the revelation never fails to bring me happiness. I surprise myself at being able to do things that I never thought that I would be able to do. There is an intense joy when one keeps struggling with a difficult move with that inner persistence of “never giving up no matter what”, and finally achieving the goal. Joy means finding a way to be happy, even when things don’t go your way.

There is a special satisfaction, and happiness that happens when I can share what I have acquired through my own efforts with someone else, and help them on their path of training. Those special moments when someone turns to me and says “What is this? How do you do that? Can you help me?” I just love to see their look of confusion turn into the same joyful feeling of understanding, and confidence that I have in me. The fact that I have helped them walk one more step on their path fills me with a deep sense of achievement.

I believe that my joy comes 1st from God, then from being able to enjoy each moment of karate with the same intensity. I’m just as happy doing push ups as I am kicking back and forth in the dojo, or doing kata, or sparring. I feel that each part of my training is a gift to me. I can work on improving every aspect of myself: my physical, mental, and spiritual self. I am always challenged as I train. This is what must be meant by training with a beginner’s mind... to be able to accept everything as a new challenge, and to appreciate it fully for the moment that you are doing it. Ever since I started karate I was encouraged to leave all of my worries, concerns, anticipations aside, and to learn from each moment, from each person that I come across. This reminds me of something that I had read in Dr. Wayne Dyer’s book “The Sky’s the Limit” about achieving this kind of present moment centered concentration, and how it will bring one to joy.

Every class I walk out with gratitude for what I have received from my Sensei, for what I have achieved, and a feeling of satisfaction that I have done my best today. Yes.. I can confidently say that I have learned to live the joy of training in karate. Written by a student.

This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required by the school for students seeking to earn belt advancement.

Student’s First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Parent’s Signature \_\_\_\_\_

Instructor Date: \_\_\_\_\_

**Due by October 26**

### 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**

# Due by October 25 or 26

Name: \_\_\_\_\_

What is the definition of Joy this month? \_\_\_\_\_

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You just learned a difficult move in karate and with a little practice and persistence you perfected it and were able to help someone else. Explain your joy in that moment.

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When God gives you a gift, appreciate it, accept it, cherish it, and most of all share it. What gift has God given you that you can share or what gift have you shared with someone.

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Some People say JOY means: JESUS—OTHERS—YOURSELF. What do you think?

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Read the Bottom Lines below. I can have JOY because:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

