

# Black Belt EXCELLENCE



## October Theme: "Courage"

**Be strong and brave. Do not be afraid. Do not lose hope. I am the Lord your God. I will be with you everywhere you go. Joshua 1:9**

Hey Congratulations! There you are in your clean uniform and new belt. You just got promoted. You can't wait to attend your first class in your new program. As you walk into the dojo, you see everyone is putting on their sparring gear. You've been so caught up in the promotion you completely forgot to check the calendar to see what you were doing in class today. Oh that's right, it's sparring. Now I'm going to kick and punch someone and their going to kick and punch...back at me. Not really sure how it's all going to turn out, you nervously begin your class.

This is only one example where we have to develop "Courage", our Life Skill for the month of October. When your stomach is turning inside you, it's courage that helps you face the challenge. Courage is that feeling you get when you have confidence to be able to overcome a challenge. Courage is being brave enough to do what you should do, even when you're afraid.

Another example of having courage is when someone is bullying you at school. You've been able to avoid them...until today. Now they are coming right towards you, with courage you know you can face them. Not starting a fight, not backing away, yes, you can face them. How? Because you are never alone.

When we believe and trust in God we have a unique source of strength and courage. There will be times when we're going to be afraid. But we can trust in God who is bigger than us. And put our hope in God who is with us and is in control of every situation. Because of God, we can find the strength to be courageous everyday.

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 by October 17th**

# Due by October 17th

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

What is the definition of courage? \_\_\_\_\_

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What is the feeling you have to overcome to demonstrate courage?

\_\_\_alse \_\_\_vidence \_\_\_ppears \_\_\_eal

Name a famous person who displayed courage \_\_\_\_\_

Personal Example of someone who displayed courage (who & how)

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Be strong and \_\_\_\_\_. Do not be \_\_\_\_\_. Do not lose \_\_\_\_\_.

I am the \_\_\_\_\_ your God. I will be with you \_\_\_\_\_ you go.

\_\_\_\_\_ 1:9

Answer the following questions True or False.

- \_\_\_\_\_ You can use courage in positive or negative ways
- \_\_\_\_\_ It is easier to be courageous if you are in a popular group
- \_\_\_\_\_ Students at school are often courageous
- \_\_\_\_\_ Peer pressure is overrated
- \_\_\_\_\_ It takes courage to admit to others when you made a mistake
- \_\_\_\_\_ It is always better to keep out of things unless it directly involves you



Rank the following from most courageous (1) to least courageous (6).

- \_\_\_\_\_ To try out for a sports team when your not sure if you will make the team
- \_\_\_\_\_ To try to make a new friend when your not sure if they will like you
- \_\_\_\_\_ To say no to cigarettes when all you other friends are smoking
- \_\_\_\_\_ To try to water-ski in front of your friends when you have never tried it before
- \_\_\_\_\_ To admit to your parents that you told them a lie
- \_\_\_\_\_ To help someone who is being bullied

