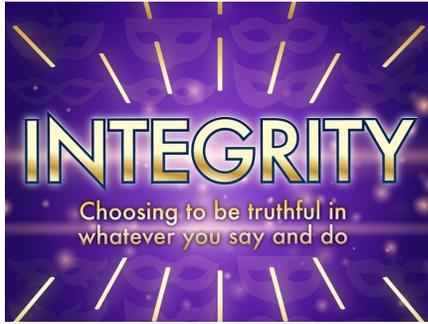


Black Belt EXCELLENCE



October Theme: Integrity

Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out. Proverbs 10:9

Integrity is following closely a code of ethics that is aligned with character. It means being honest and trustworthy, reliable and faithful, upright and principled in the way you act and being consistent with your actions. Integrity includes, but goes beyond honesty. Honesty is telling the truth while Integrity is matching our words to reality. Like a super hero, a black belt conducts themselves with integrity and helps their community and family.

October Activity:

Parents please help your child with the following activity

Junior Karate Kids: Complete the following Black Belt Excellence assignment about Integrity. Parents discuss the importance of following rules of conduct and integrity even when it is viewed as unpopular by others.

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.

First Name _____

Last Name _____

Date: _____

Parent's Signature _____

Date Signed 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 on Time—October 23

Remember these sheets are your responsibility not your parents'. Late worksheets will delay your stripe..

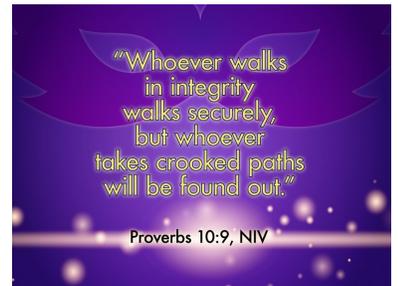
Integrity is a Super Power!

Integrity is matching reality to our words - which means, keeping promises and fulfilling expectations. Do what you say you are going to do. Be who you say you are. Integrity is living by a moral code and showing it in our actions.

From the list below, decide if the action has the integrity of a HERO or is an action of a ZERO!



- A. This person would never Lie.
- B. This person would never Talk behind someone's back.
- C. This person laughs at other people.
- E. This person would never Fail to keep promises.
- D. This person says things that hurt other people's feelings.
- E. This person would never Be afraid to apologize for mistakes they make.
- F. This person Acts like someone they are not.
- G. This person never does what they say they are going to do.
- H. This person enjoys helping others.
- I. This person is nice to people only when they want something from them.
- J. You can always believe this person.



Write a list of actions that has the integrity of a HERO!

Whoever walks in integrity walks securely, but he who makes his ways crooked will be found out. Proverbs 10:9

