

Black Belt EXCELLENCE

September Theme: Friendship



Have you ever watched another karate student struggle at a certain kick or maybe doing a weapon or kata? This month our Life Skill is Friendship. How much effort would it take to walk over and help them. It's a friend that takes time out of their busy schedule and politely, smiling says, "hey, would you like me to help you with that kick?" or "I think I can help you with your weapon". They may not even be in your class. Especially if you're a Black Belt and they're just starting.

Friends love each other, they care for each other and they want to spend time with each other. Sometimes people can seem cold or unfriendly, but sometimes those people who act like that need you to show them some kindness and love. Try being nice to the person that you think is the meanest. Maybe your friendliness can be what makes the difference. Remember that sometimes a hug can make the difference between someone being cold and mean versus someone being warm and fun.

The Bible has instructions on the reasons for Christians be friendly. This month our verse is Proverbs 17:17, it says "A friend loves at all times, and a brother is born for a time of adversity." As followers of God and believers of Jesus Christ, we are to be friendly to the people who aren't so friendly. Jesus instructs us to love everyone, no matter how they treat you. Is there someone who is being mean to you? Be friendly to them. You never know how your friendliness can forever effect their life for the good.

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 _____

Due September 17th

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 Home Approval 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 Sept 17th

NAME: _____

1. If someone is being mean to you, what should you do:

- a. Be mean to them
- b. Show them love and be nice to them
- c. Ignore them
- d. Decide that you don't like them either



2. Friendship is _____:

- a. Picking and choosing who you like
- b. Being mean to certain people
- c. Treating others the way you want to be treated
- d. Bullying someone because you don't like them



3. What could make somebody's day better? :

- a. A smile
- b. A hug
- c. You being nice to them
- d. All of the above



What does Proverbs 17:17 say:



What does the Golden Rule mean to you?

Friendship

F J F E L E J W I W Q J K H M
 P P R K E M B F T D C A N H N
 P S I G V H R O P T B H Z Y O
 A L E B O H Z L K D A Z P K P
 E A N V L A U U Y E Q A P W S
 K F D E R L Q W O J T E V J A
 M C S D L E J I X I R Z L F G
 F E H C Q C S S E A R U L E J
 O K I R V B L N C N E D L O G
 J Q P H V W T E S T W J B F F

Word Bank:

Golden
 Rule
 Serve
 Love
 Friendship
 Patient