

# Black Belt EXCELLENCE



## SEPTEMBER THEME **TRUST**

**“Trust in the Lord with all your heart and lean not on your own understanding.”**  
**Proverbs 3:5**

How many of you have ever heard of a thing called a “Trust Fall”? The point of it is you lay your arms across your chest, close your eyes, and fall backwards onto a partner who is standing behind you. That person is supposed to catch you and keep you from falling and hitting the floor. It is a great example of trust between two people. People have a hard time when it comes to trusting others because we tend to get let down by those around us from time to time. That’s because mankind is flawed and we sin. However, God is someone who you can always put your trust into because you can always depend on Him.

Did you know that trust is also a big part of karate? When you go into class, you are trusting your instructors to teach you the right way to do the movements and techniques. In class, your instructors are trusting you to be disciplined and obedient to their direction. When you are sparring, you trust in your partner to pull their punches and not hurt you. Trust is a big factor in karate because you have to have confidence in your movements, techniques, strikes, and more.

The Bible is full of powerful verses that talk about trust. Psalm 9:10 says, “Those who know your name trust in you, for you, Lord, have never forsaken those who seek you.” God is always there for you. He is reliable, patient, and present in your life always. God is someone you can put your confidence in because you can always depend on Him.

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 September 19th**

# Due by September 19th

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

1. What does the word "Trust" mean to you?

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2. How do you gain/earn someone's trust?

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3. Give an example of how someone would lose trust in you?

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## Fill in the blank for these Bible verses

1. "When I am \_\_\_\_\_, I put my trust in you." ~ Psalm 56:3
2. "I will say to the Lord, 'He is my \_\_\_\_\_ and my \_\_\_\_\_, my God, in whom I trust.'" ~ Psalm 91:2
3. "Fear of man will prove to be a snare, but whoever \_\_\_\_\_ in the Lord is kept safe." ~Proverbs 29:25
4. "The Lord is good, a refuge in times of \_\_\_\_\_. He cares for those who trust in him." ~Nahum 1:7
5. "It is better to take \_\_\_\_\_ in the Lord than to trust in humans." ~ Psalm 118:8

