

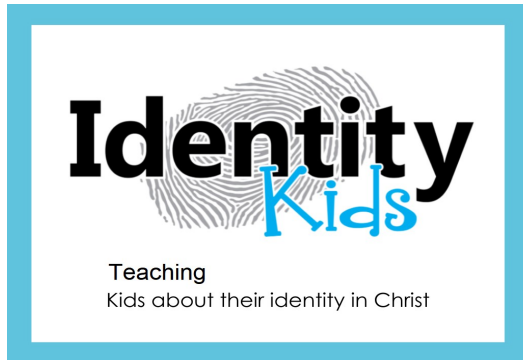
# Black Belt EXCELLENCE



## September *Identity*

*For He chose us in Him before the creation of the world, to be holy and blameless in His sight.*

*Ephesians 1: 4*



Identity is the character or personality of a person. I suppose everyone has some internal way of measuring approval. We quickly learn that the more effort we put into something, the more “stickers” we get. Studying hard or working diligently leads to better performance – and the corresponding praise from teachers, coaches and bosses. Being a positive, encouraging friend can lead others to be a good friend in turn. This is just how the world works.

These interactions and achievements do contribute something to our identity; they bolster our confidence and help us feel special and valuable. But an identity crisis can form when kids view their significance entirely through things that change. Activities, academics, relationships – these things all have one thing in common: They aren't stable.

But our Lord never changes ([Malachi 3:6](#)). His love is the foundation of our identity. Teach your children that God's love never changes and that nothing in this world can separate us from it ([Romans 8:38-39](#)). Believing that we are unconditionally loved by our Maker is the first step toward seeing our true, unshakeable identity. Jesus is the same yesterday, today and forever.

If I were to put on a sports jersey, I feel a part of the team. My identity is I'm a part of that team. If that jersey has a name on the back of one of the teammates, some act like that player. Or if I get my haircut like a rockstar, I want people to see me as that rock star. I remember when all the girls dressed up like Pat Benetar. They got their haircut like her. They wanted to be Pat Benetar. There was a super star musical kata competitor named Mike Chataratabut. He went by Mike Chat. He was an electrifying tournament competitor. Kids would dress up like him and try and copy him. Nothing wrong with admiring a person, but don't change who you are to be like that person. You don't need to change who you are just to fit in with a group of kids that might not be the best kids to hang out with. Be who God made you then you don't

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 by Sept 25**

### 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 25

NAME: \_\_\_\_\_

1. Define Identity?  
\_\_\_\_\_.

2. When you get in trouble, do you ever think of yourself a bad person? YES or NO

3. Can you identify with a bully when they are picking on someone smaller? YES or NO

4. But our Lord never \_\_\_\_\_ His love is the \_\_\_\_\_ of our identity.

5. Jesus is the same \_\_\_\_\_, today and 4 \_\_\_\_\_.

6. When you do a random act of kindness, do you see yourself as a:

- A. helper
- B. servant
- C. working as if I were working for Jesus
- D. all of the above

7. For God so \_\_\_\_\_ the world, He \_\_\_\_\_ His one and only son, that  
whosoever \_\_\_\_\_ in Him, will not perish, but have everlasting \_\_\_\_\_. John  
3:\_\_\_\_\_

8. Our identity in Christ says we are:

- A. chosen
- B. accepted
- C. blameless
- D. holy
- E. all the above

9. Do you ever feel like you need to change who you are just to fit in with the "in-crowd"? YES or NO

10. Circle the book of the bible our Life Skill comes from:

- Galatians
- Ephesians
- Philippians
- Colossians