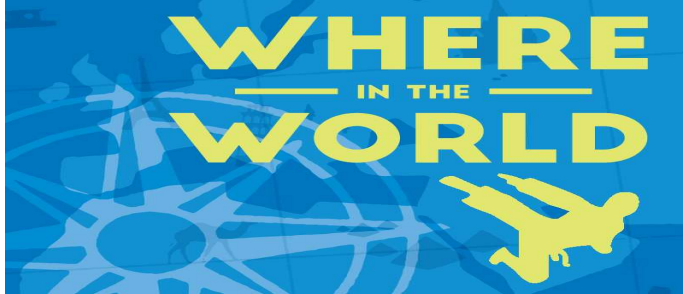


Black Belt EXCELLENCE

Summer Theme - Faith

Memory Verse



“Faith is being sure of what we hope for and certain of what we do not see.” Hebrews 11:1

Summertime, summertime, finally it is here! What is it about summer that we love so much? Is it the break from school? Is it the fun vacations and visits with friends? Maybe it’s the exciting camp days you’ve signed up for and extra time to practice your karate. One thing is certain: summer means changes, fun and adventure! This summer we are thinking about faith. As we go through the journeys and challenges of life it is so helpful to have faith that God goes with us! Are you traveling to a new destination this summer? Making friends with some new kids? Do you have a belt test coming soon in karate? Take heart, God will help you with every step of the way.

Faith is being sure of what we hope for and certain of what we do not see. What’s that mean? Pretend during one of your sparring classes, you accidently got hit in the face. Your nose is sore but you don’t know if it’s more serious than it feels. You sure hope it isn’t, so we have faith in God. When we ask God to make the situation not any worse than it is, we know he is taking care of us. When we called on God, that means we are putting our faith or trust in God.

This summer is the beginning of hurricane season. If a hurricane is out in the ocean, we ask God to keep the hurricane away. When we ask God to keep the hurricane away, we are trusting God to keep the hurricane away. We are believing, trusting and having faith God will keep the hurricane away.

Remember, faith is being sure of what we hope for like we hope the hurricane stays away or accidently getting hit in the nose and hoping it’s not more serious than what you feel.

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 Posted 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 July 23rd



Due by June 23

Name: _____

When doing the upper block, is your arm straight across above your head or does it angle up?

What part of the foot do you kick with on a front kick? (circle one)

Heel Ball Side Top

What style of karate do we teach at Falbo's Family Karate? (circle one)

Shotokan Gen Wa Kai Yoshukai Mo De Lon

Which one of the following is not a weapon? (circle one)

Kama Tonfa Pitchfork Sai



What is a kick we do in the kata Salvation? _____

What country is Yoshukai from? (circle one)

China Japan California Okinawa

What is the 1st form of self-defense? (circle one)

Fight Back Yell Run Break Dance

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

WORD SEARCH

Front Kick	
Punch	
Knife Hand	
Faith	
Sai	
Bo Staff	
Tornado Kick	
Black Belt	
Jesus	
Nunchaku	