

Black Belt EXCELLENCE



February on Humility

Don't be selfish. Don't try to impress others. Be humble. Thinking of others better than yourselves. Philippians 2:3

There is a big difference in being proud of your accomplishments and bragging about yourself, being prideful or being humble. We should all have confidence in ourselves and be proud, but we should never talk about ourselves to the point that we make others feel bad about themselves or feel bad towards us. We should always use the Black Belt Excellence principle of Humility. Humility means, *without conceit or arrogance, having a moderate estimation of your own merits. Not boastful*. Do you wish to be great? Then begin by being humble. If you are humble, you are always willing to help where it is needed.

One foundation of Humility is putting other people before yourself and what you think you deserve. Putting others first isn't something we do naturally. If someone pays you a compliment, you should say "thank you" and not brag about it. Another foundation of being humble is sharing with people who are less fortunate than you. Jesus lived in a world that put themselves before other people yet he put other people before him. The opposite of pride is being humble or being modest. Proverbs 11:2 "Pride leads only to shame: it is wise to be humble". The Lord sends no one away empty except those who are full of themselves.

What happens when we are 9 or 10 or 30 and finding ways to convince ourselves the world revolves around us. Spoiler alert! It's not pretty. We could spend an entire session about what happens to a person when they're controlled by an inflated ego. At some point we need to understand it's ok for something not to be about us. In other words, as parents and leaders we need to raise a generation of children that understand how to put others first. That's why we are taking this month to discover a little bit more about humility. We define humility as putting others first by giving up what you think you deserve. If anyone had a right to have an ego it was Jesus. When he stepped on this earth he had every right to have an ego, he was God. Instead, He put everyone around Him first. It's real easy to have an inflated ego if you won 1st place in the Regional Karate championships. No one beat you! But humility tells us to get down off that high horse and help someone else to be champion. Take time out of your life to help someone else.

Please complete the assignment on the back and ask yourself, am I Arrogant or Humble?

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 _____

Last Name _____

Date: _____

Parent Signature _____

Date Signed by Instructor _____

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 on time by February 22

Due Feb 23

Please Answer the Following Questions about Humility

1. When someone pays you a compliment, should you:

- a. Say, "thank you" and return the compliment
- b. Say, "I know that"
- c. Ignore them and walk away
- d. Put your hands up in a self-defense stance



2. If you are sparring with someone who is not as good as you, should you:

- a. Beat them up
- b. Use control and give them advice and praise
- c. Tell them their skills are no match for yours
- d. Show them some moves that you know they can't do so you can show off



3. If you win a trophy at a tournament, should you:

- a. Make sure that everyone knows that you are the best and shout, "I am King of the World!"
- b. Rub it in to students who did not win
- c. Be proud of your accomplishment but don't brag about it
- d. Wear it as a necklace everywhere you go



4. If your friend is less fortunate than you, should you:

- a. Constantly compare yourself to them
- b. Make fun of them because their house isn't as big or their car isn't as fancy
- c. Remind them daily how awesome you are
- d. Be respectful and say only positive things about them

5. Circle the traits below that best describes a humble black belt student:

- | | |
|--------------|----------------|
| a. Confident | d. Courteous |
| b. Show-off | e. Arrogant |
| c. Modest | f. Smart-aleck |



What does Philippians 2:3 says

Define Humility (on the front)

Define Arrogance (use Dictionary)



Due by Feb 23