

Black Belt EXCELLENCE

September Theme: Accountability



“Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else. For we are each responsible for our own conduct.”

Galatians 6:4, 5

Accountability is the discipline of owning your actions, your choices, and your results—without excuses.

A black belt understands that excellence isn't about being perfect. It's about being willing to **look honestly at yourself, take responsibility, and improve.**

The Black Belt Standard

1. Own it.

When you make a mistake, don't hide it, blame someone else, or make excuses. Say, *“I made a mistake. I own it.”*

2. Do what you said you would do.

Your word is part of your character. If you commit to something, follow through—even when nobody is watching.

3. Correct it.

Accountability isn't simply admitting what went wrong. It's asking:

“What am I going to do differently next time?”

4. Accept coaching.

A black belt never stops learning. Correction isn't an insult; it's an opportunity to become better.

5. Hold yourself to the standard.

Don't wait for someone else to make you accountable. Excellence means asking yourself:

“Did I give my best? Did I do what was right? Did I honor my commitment?”

The Black Belt Mindset

Excuses explain the past. Accountability creates the future.

A white belt may need someone to remind them.

A colored belt begins to understand the standard.

A black belt chooses the standard—even when no one is watching.

Accountability → Discipline → Consistency → Excellence.

The Challenge

Today, choose **one thing you need to take greater ownership of.** Don't explain it. Don't blame it. Don't wait.

Own it. Fix it. Learn from it. Move forward.

That's **Black Belt Excellence.** 

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 Sept 21-22

Black Belt takeaway:

☞ Own your actions. Honor your commitments.
Accept correction. Live in way you can give an
honest account before God.

Answer the following questions

1. What are 5 Black Belt Standards? _____

2. What is the Black Belt Mindset? _____

3. What is the Black Belt Takeaway? _____

Fill in the Blanks

“Pay careful _____ to your own work, for then you will get the _____ of a job well done, and you won't need to compare yourself to anyone else. For we are each _____ for our own _____.”

Galatians 6:4, 5

True or False

- _____ Your word is part of your character. If you commit to something, follow through — even when nobody is watching.
- _____ Accountability is only admitting what went wrong.
- _____ When you make a mistake, definitely hide it, or blame someone else, or make excuses.
- _____ A black belt never stops learning.
- _____ Only take accountability once you get caught.
- _____ Accountability is about being willing to look honestly at yourself, take responsibility, and improve.

