

Black Belt EXCELLENCE



APRIL THEME RELATIONSHIPS

Therefore encourage one another and build each other up..."

1 Thessalonians 5:11

Part of having strong character is having strong relationships with your family and friends. These relationships grow strong when you put effort into them: you build relationships by contributing your time, kindness, and honest feelings. It's also important to recognize the relationships you have and be grateful for them. You can show you're grateful by making a point to spend time with your family and friends and by respecting them.

Kara and Sandy had been working together for two weeks on an art project for school - a colorful jungle scene in a cardboard box. At first, Sandy didn't think she'd like working on the jungle project. It sounded like a lot of work, and she wasn't very good at art. But working with Kara turned out to be great.

First, they brainstormed what to make and how to make it. Then they phoned and emailed each other for a couple of days to iron out details and share new ideas. And then, of course, they spent hours working together sketching, cutting, coloring and pasting. Now the work finally was done. The two girls sat together, staring at the scene they had worked on so hard. They'd done a terrific job and, although they'd been friends before they began, they were even closer now. "It's kind of a bummer to be done with this," said Sandy, still looking at the jungle scene. Kara nodded in agreement. "I know," she said. "Let's think of another project. But we'll make this one for us - not for school." Sandy's face lit up, and the two girls immediately began to discuss what their next creation would be.

Why did working on the jungle project make Sandy and Kara's friendship stronger?
Why do you think they'd want to do another project together?

Luke was practicing for the tournament Saturday. Working on his kata, he was struggling with his side kick. Nick, a higher rank student than Luke, spoke up. "Hey Luke, you might want to try lifting your knee up a little higher to make that kick rock." Listening to Nick's advice, Luke took a couple of minutes and stretched a little more. Nick came over and did a partner stretch with him. Luke got up and said, "wow Nick, thank you for that help." Looking in the mirror, when Luke did the side kick, it was so much higher than before, he was even surprised. At the tournament, Luke was doing his kata. Nick came over to watch. After the tournament, Luke and Nick hung out at the concession stand. Nick congratulated Luke on a good tournament. "Congratulations on your tournament, Luke. I'll see you in class next week. I gotta go do some yard work at home, I'll see ya later." Luke said, "hey, Nick wait a minute. do you need any help?" Nick said sure. So they ended up becoming friends just by being there for each other.

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 April 20-21

Junior Karate Students: Below you will find a few questions concerning relationships with friends and family. Please answer the questions as honestly as you can, take your time and have your parents help when needed.

What is a relationship? _____

What is integrity? _____

What are some qualities that make a good friend? _____

What is the nicest thing a friend has ever done for you? _____

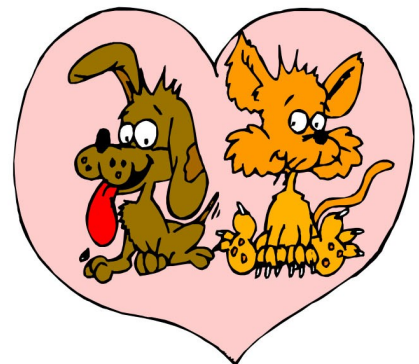
What is the nicest thing you have ever done for a friend? _____

Which of your friends are you proudest of? Why? _____

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

Word Search

Companion
Friend
Family
Relationships
Integrity
Character
Kindness



NAME _____

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