

Black Belt EXCELLENCE



January Theme New Life

II Corinthians 5:17

Happy New Year is the greeting most commonly heard at this time of year. The old year is now over and its time to start a new one. Starting a new year isn't the same as starting a new job, or new activity or even a new diet. Starting a new year is really just starting over. Starting over the name of the month we are living in. We lived in January before. It's time to live in January again. We'll do the same for February, March and so on. Yes, we will celebrate getting older by another year. Starting a new activity is different. We go and sign up. We're excited because we've seen and maybe participated in the activity. Maybe its volleyball, fencing, painting, volunteering, or maybe even getting a pet rabbit. Starting a new job can be exciting and stressful. And lastly, starting a new diet will give us the confidence to know we are working towards a better more healthier body and mind. After passing your test in karate, you get excited about learning newer more advanced kicks, punches, stances, sparring, board breaking and weapons. You anticipate sparring more advanced students. Maybe you've made a friend and they are in the class you just passed your test to go into. Now you get to train together and go up to Black belt together.

When Paul was talking about becoming a *new creation* in Christ, he was saying we were walking out our lives without Jesus in our everyday decision making. Deciding what? Kids, deciding if you should bully that same person you've been bullying. Parents, deciding not to lead your kids by an example that could be a healthier and happier lifestyle. The bible says, train up your children in the way they should go so when they're older they won't depart from it. Bosses and managers, also, leading by integrity for who God has put you in charge over. Not to play politics and "lord over" your staff. You used to do those things. Paul said, the old things you used to do, the bad habits you know were wrong, have passed away, behold, all things have become new. Did he say *some things or all things*? **All things** have become new. Your new life in Jesus will reflect his holy spirit working in and through you. You should start seeing more love, joy, peace, gentleness, faithfulness, kindness.

Yes, it may be a new year. You maybe saying, "oh thank God that year is over." Maybe you should leave your old life behind and start a new life in Jesus Christ. You can do that right now. The bible says, confess with your mouth the Lord Jesus and believe in your heart God raised him from the dead and you will be saved. Saved from what? From the bully you have become. Or that unkind selfish boss you have become. Saved from eternal hell. With Jesus in your life you can be that happier, kind, loving, compassionate person, and have eternal life in Jesus.

This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required by the school for students seeking to earn belt advancement.



Student's Name _____

Date: _____

Parent's Signature _____

Date Signed by Instructor _____

Must Return by January 25

Remember these sheets are **YOUR** responsibility not your parents'.

5 Requirements of the Black Belt Excellence Stripe

- ◆ Responsible behavior at home
- ◆ Responsible behavior and passing grades at school
- ◆ Overall performance and attendance at the karate school
- ◆ Completion of the monthly Excellence Sheets
- ◆ **Returning the Excellence sheet by the due date
To an instructor at the beginning of the class**
- ◆ **Returning the Excellence sheet on time,
qualifies you for student of the month and
belt testing**

New Life

FILL IN THE BLANKS FOR SOME DEFINITIONS OF NEW LIFE (READ FRONT)

1. A NEW _____.



2. ALL THINGS HAVE BECOME _____.



3. A NEW _____ IN JESUS.



4. _____ YOUR OLD LIFE BEHIND.



LIST THE MOST IMPORTANT WAY TO HAVE NEW LIFE

WHAT DOES THE BIBLE SAY ON HOW TO HAVE NEW LIFE?

CAN SOMEONE OR ANYONE COME TO A NEW LIFE?

ACCORDING TO II CORINTHIANS, WHAT HAPPENS WHEN YOU BECOME A NEW (PERSON) CREATION IN CHRIST?

OLD _____ HAVE _____ AWAY; BEHOLD _____ THINGS

HAVE _____.

Word Search on New Life:

New	Passed
Life	Away
Creation	Old
Anyone	Jesus
	Saved

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

Must be turned in by January 25.
In order to test for your next belt,
you must have 3 black stripes on
your belt from the last 3 months of
BBE sheets.