

Black Belt EXCELLENCE



MAY THEM RESPECT AND HONOR

“Show proper respect to everyone... fear God, Honor authority.”

1 Peter 2:17

Respect is not weakness — it is strength under control.

In the South, saying “yes ma’am” and “no sir” has long been a sign of honor, discipline, and humility. It is not about lowering yourself—it is about choosing respect, even when you don’t feel like it. The Bible teaches us to honor authority and speak with respect. In karate, discipline is just as important as technique. A student who talks back cannot grow. A student who listens, responds with respect, and submits to instruction becomes strong in both character and skill. Back talk is not just words—it reveals the heart. Respectful speech shows self-control, maturity, and leadership.

BIBLE CONNECTION

Story: The Roman Centurion (Matthew 8:5–10)

A Roman officer came to Jesus asking for help. Even though he had authority, he showed humility and respect, saying he was not worthy for Jesus to come under his roof. Jesus was amazed at his faith.

Lesson:

Authority + humility = strength.

Respect opens doors that pride closes.

WHY THIS MATTERS IN KARATE...

- Respect builds discipline
- Discipline builds skill
- Skill builds confidence
- Confidence builds leaders

IN CLASS WE SHOW RESPECT BY...

- Saying “Yes sir / Yes ma’am”
- Listening the first time
- Not talking back
- Responding with a good attitude

HONORING YOUR INSTRUCTOR MEANS...

Show respect for their leadership and the time they spend teaching you

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 May 20-21

1. Fill in the blanks (Bible Verse)

Children, obey your parents in the _____, for this is _____. "Honor your _____ and _____."
— Ephesians 6:1-2

2. True or False

a. Saying "yes sir" or "yes ma'am" is a sign of weakness.
True False

b. Talking back shows respect to your instructor.
True False

c. Respect is important both inside and outside the dojo.
True False

d. Jesus honored authority and showed humility.
True False



3. Multiple Choice

a. What is a proper response to instruction?
1. "What?"
2. "Yeah"
3. Yes sir / Yes ma'am
4. Silence

b. What does back talk show?
1. Respect
2. Discipline
3. Pride / Disrespect
4. Leadership

c. Who showed respect and faith to Jesus?
1. A fisherman
2. The Roman centurion
3. A king
4. A soldier



4. What does it mean to honor your instructors?

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