



# BLACK BELT EXCELLENCE

## HOME/SCHOOL APPROVAL FORM

### MONTHLY THEME

## HONESTY

The inner strength and confidence that is obtained by demonstrating truthfulness, trustworthiness, and integrity with individuals, institutions, society, and with yourself.

### MONTHLY ACTIVITY

Parents please discuss the questions about honesty on the back page. These questions along with your help will teach your children about the more complicated issues and gray areas of honesty. Your discussion will help them grasp the concept and understand the terminology of honesty.



## 5 REQUIREMENTS FOR THE STRIPE OF EXCELLENCE

- Responsible behavior at home.
- Responsible behavior and passing grades at school.
- Overall performance and attendance at the martial arts studio.
- Completion of the monthly Excellence Activity.
- Returning the Excellence Home/School Approval sheet to your instructor on time.

## HOME APPROVAL

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

Student's Name \_\_\_\_\_

Student's Belt Rank \_\_\_\_\_

Dated this \_\_\_\_\_ day of \_\_\_\_\_

Signed by \_\_\_\_\_

*Must be presented to your instructor during your regular class time the second Wednesday or Thursday each month. Remember these sheets are your responsibility not your parents.*

# THE HONESTY QUIZ

Answer the following questions about honesty—if you have trouble, be sure to ask your parents for help. Which situations show a person is Honest or Dishonest? Circle the appropriate answer.

Calling a ball out of bounds in a game that you're not sure was out?	Honest	Dishonest
Telling on a person that you know did something bad?	Honest	Dishonest
Exaggerating when telling a real life story?	Honest	Dishonest
Saying you cleaned your room but didn't?	Honest	Dishonest
Not repeating a lie that someone else told?	Honest	Dishonest
Giving back money you saw someone drop?	Honest	Dishonest
Not telling the whole truth so you won't get in trouble?	Honest	Dishonest
Twisting the truth just a little so it won't sound so bad?	Honest	Dishonest
Lying to protect yourself?	Honest	Dishonest
Telling someone the truth even if it might hurt them?	Honest	Dishonest
Lying to protect someone else?	Honest	Dishonest
Taking something that doesn't belong to you?	Honest	Dishonest
Saying you're sick so you don't have to go to school?	Honest	Dishonest
Having someone else do this quiz so you don't have to do it?	Honest	Dishonest
I have the world's biggest swimming pool at my house.	Honest	Dishonest
Eggs come from chickens.	Honest	Dishonest
Our TV is as big as the screen at the movies.	Honest	Dishonest
The sky is green.	Honest	Dishonest



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