

Black Belt EXCELLENCE

Monthly Theme:

Self-Discipline

Self-discipline means many things: Doing things you're responsible for with out anyone having to tell you to do it, being able to motivate and manage yourself and your time, being able to control yourself and your temper and even being able to control your appetite.

Monthly Activity:

Parents please help your child with the following activity

The "Too Much" Game. This game will get children thinking about the concept of moderation and about its benefits. Explain that too much can sometimes be worse than too little. Say, "Lets play a game about too much. I'll say too much _____, and you say something that you wouldn't want to do too much of _____, then say what bad thing might happen from too much. For example: Too much food... you might become unhealthy. Too much candy... You might get cavities. Too much television... It keeps us from playing, studying and other good things.

We also feel that it is important that our students fill out a "To Do List" each week to reinforce the importance of self-discipline and responsibility. Your child must have two "To Do List" on the back completed and turned in on the date below.

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 _____
Teacher's Signature _____
Dated this ____ day of _____
Signed by _____

5 Requirements for the Black 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 activity
- ◆ Returning the Excellence Sheet on time

Must Return on time
Remember these sheets are *your*
responsibility not your parents'.

Black Belt Excellence To Do List!

Clean Room

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Make My Bed							
Put Personal Belongings Away							
Put Dirty Clothes in Laundry							

Self Care

Brush Teeth and Hair							
Take a Shower or bath							
Eat to Win							

Black Belt Excellence

Demonstrated Patience							
Demonstrated Positive Attitude							
Showed respect for Teachers and Friends							

Family

Complete Assigned Chores							
Treat Entire family with Respect							
Help Family Members when Needed							

Self Development

Practice Martial Arts Fifteen Minutes per Day							
Read Fifteen Minutes per Day							
Perform One Random Act of Kindness							

Parent's Signature _____