



BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

BLACK BELT EXCELLENCE

Monthly Activity:

ROLE MODELS

- *A Role Model—a specific model for a specific role; someone we look up to, admire, respect, hope to emulate.*
- *We look to role models because we need examples after which to pattern our lives.*
- *Often we don't realize that our lives are models for others. We are all the time influencing others and being influenced by others.*
- *Role models often are people whom we know, but not always. They may be people we've read about or even made up characters of well-known stories and legends.*
- *We can also have several role models at the same time.*

1. *Below write who your role model or models are and why.*

2. *Write down five ways to be a good role model?*

THIS BLACK BELT EXCELLENCE SHEET IS REQUIRED FOR BELT PROMOTION.
A black stripe will be awarded at that time. Three black stripes must be earned before requirement stripe (red, blue or yellow) and/or belt test. This sheet must be returned by the week of May 23rd.
Remember, these sheets are YOUR responsibility and not your parents!

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

Student Name: _____
 Student Rank: _____
 Parent Signature: _____ Date: _____

5 Requirements of the Black Belt Excellence Stripe

- ✓ *Black Belt behavior at home*
- ✓ *Black Belt behavior and passing grades at school*
- ✓ *Overall performance and attendance at the karate school.*
- ✓ *Completion of this Black Belt Excellence Homework sheet monthly.*
- ✓ *Return this sheet on time.*

GOOD DEED

BRUSH MY TEETH	
CLEAN MY ROOM	
MADE MY BED	
SHOWED RESPECT TO MY FAMILY	
HELPED MOM AND DAD	
DID MY HOMEWORK ON TIME	
PRACTICED MY KARATE FOR 15 MINUTES	
EXTRA (EXPLAIN BELOW)	

Parent Signature _____ *date* _____

Please write your review about our school below so we can post it on Google. Thank you.