



BLACK BELT EXCELLENCE

Monthly Theme: *Do It*

Being responsible is a very important part of character building as a martial artist. Respect and responsibility goes hand and hand. Meaning, it's hard to demonstrate one without the other. Example: If you have respect for your parents gifts (Toys), that they give you, then you would respect the gift and take care of them (putting them away, and not leave out to get broken or stepped on this is responsibility as well (being responsible to put the away). Another example is meals: Your parents fix you food to eat, the respectful thing to do is to eat without complaining (this is to not only being respectful to them but to yourself for having a nutritious meal and by helping or saying thank you). Afterward, the responsible thing to do is..... Helping to clean up (taking your plate, cup, etc. to the sink. Even help by washing them. Depending on age, you may be able to wash, but regardless you can always help by doing something. Drying, running the water, putting them away after they are clean, etc. This is another way on how we can build a great foundation for our kids and for a great future of responsible adults.

Monthly Activity:

Parents please help your child with the following activity only to remind them of the Black Belt Excellence Sheet (not to do the work, we need the kids to perform the tasks as much as they can for their age). Parents and kids also feel free to write in any other responsibilities you may want in the open brackets.

One the next page you will find a 'To Do' List. This serves as an added vehicle to remind us of our daily or weekly responsibilities and having the respect to do so.

Student's Name _____ Age _____ Student's Belt Rank _____

Parent's Signature _____

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 the monthly Excellence sheet.
- ☐ Returning the Excellence sheet to your instructor on time.

Black Belt Excellence To Do List - Character Building Sheet

Clean Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Make my bed							
Put Belongings Away							
Put Clothes in Laundry Away							

Self-Care	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brush Teeth And Hair							
Take Shower/Bath							
Eat To WIN							

Black Belt Excellence	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Demonstrate Patience							
Demonstrate Positive Attitude							
Showed Respect For Parents/Teachers/Friends							

Family	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Completed Assigned Chores							
Treat Entire Family With Respect							
Helped Family Members When Needed							

Self Development	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Practiced Martial Arts 15 Minutes Per Day							
Read 15 Minutes Per Day							
Perform One Random Act Of Kindness							