

Black Belt EXCELLENCE

Home/School Approval Form

Monthly Theme: *Perseverance*

The Story of the Chinese Bamboo

The Chinese plant the seed: they water and fertilize it, but the first year nothing happens. The second year they water and fertilize it, and still nothing happens. The third and fourth years they water and fertilize it, with no apparent results, and sometime during the course of the fifth year, in a period of six weeks, the Chinese Bamboo Tree grows roughly ninety feet.

The question is, did it grow ninety feet in six weeks or did it grow ninety feet in five years? The obvious answer is that it grew ninety feet in five years because, had they not applied the water and fertilizer each year, there would be no Chinese Bamboo Tree. All of us have had those “Chinese Bamboo Tree” experiences. We might have had a difficult assignment in math, social studies or science. We had to work at it again and again without coming up with the correct answer. Once we did finally get the answer it seemed simple and obvious. We came up with the answer not because of our intellectual brilliance but because of our perseverance.

Monthly Activity: *Parents please help your child with the following activity*

Little Dragons and Karate Kids: On the next page you will find a few questions concerning perseverance and how developing it will help you at home, school and goal setting. Please take your time and ask your parents for assistance.

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

Student's Name _____

Student's Belt Rank _____

Parent's Signature _____

Dated this _____ **day of** _____

Signed by _____

Requirements of the Black 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

Please Return worksheet on time!

The next time you are faced with a hard assignment how are you going to use perseverance to complete the assignment?

How will perseverance and determination help you reach your goals?

How can you help your family by using perseverance?

How can you help your friends by using perseverance?

How will you feel when you accomplish your goals?

Work to always finish what you start. Believe in yourself and stay diligent. Tell of a time when you completed something and you felt great because of your accomplishment.
