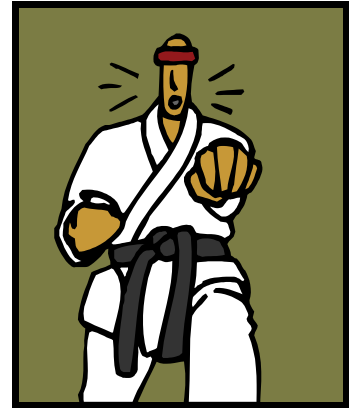


Black Belt EXCELLENCE

Black Belt Principles

MONTHLY ACTIVITY:

These Black Belt Principles are principles of POWER. . They are not designed to hold you back in life, they are designed to help you succeed in life! These principles are the attitude traits and character qualities of a total winner. Take the time to study how these qualities are practiced in our everyday life.



Kids: Complete the worksheet on the back. First, defining what each Black Belt Principle means. Next, explain how you would use this principle in life.

8–12 year olds : Read and explain what the poem means to you.

This month my son/daughter has demonstrated those qualities of a Black Belt required for students seeking to earn the **B.B.E.** stripe of achievement.

Students Name _____

Dated this _____ day of _____

Parent signature _____

Teacher signature _____

5 Requirements For The B.B.E. Stripe

- ☒ Responsible behavior at home.
- ☒ Responsible behavior and passing grades at school.
- ☒ Overall performance and attendance at the karate school.
- ☒ Completion of the monthly B.B.E.. activity.
- ☒ Returning BBE Sheet Home/School By the due date

Black Belt principle	Definition?	How do you use it in life?
MODESTY		
RESPECT		
COURTESY		
SELF-CONTROL		
SELF-DISCIPLINE		
PERSEVERANCE		

II. KARATE KIDS ONLY. In class I read the following poem; *I'm the one who writes my own story, I decide the kind of person I will be, What goes in the plot and what does not, Is pretty much up to me.* Explain in your own words what this poem means to you.

