



BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

BLACK BELT EXCELLENCE

MONTHLY THEME

NUTRITION



Monthly Activity:

Here is some alarming information: 15% of 6-19 year old children & teens are overweight. More than 84% of children & adolescents eat too much total fat and more than 91% eat too much saturated fat. 51% of children eat less than 1 serving of fruit a day. A child's bad diet and exercise habits are linked to 17 chronic diseases. 40% of children 5 to 8 years old show at least one sign of heart disease risk. About 10% of adolescents age 12 to 19 have high cholesterol levels. Childhood obesity has increased 36% in the past 20 years. One of the main problems in children's nutrition habits are their lack of eating fruits and vegetables. Children are replacing fruits and vegetable with high fats foods. One way of combating this problem is with a focused effort for you to eat a combination of 5 fruits and vegetables per day. Eating 5 or more servings of colorful

fruit and vegetables a day is part of an important plan for healthier living. That's because fruits and vegetables provide the wide range of vitamins, minerals, fiber, needed to maintain good health and energy levels and protect us from disease.

Parents please help your child to complete the following assignment on the back.

THIS BLACK BELT EXCELLENCE SHEET IS REQUIRED FOR BELT PROMOTION.

Students must turn in completed form on time. Sheets should be in each student's hand at the beginning of class. A black stripe will be awarded at that time. Three black stripes must be earned before graduation.

**This sheet must be returned on January 13th or 14th.
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.

