



BLACK BELT SKILLS SHEET

HONOR

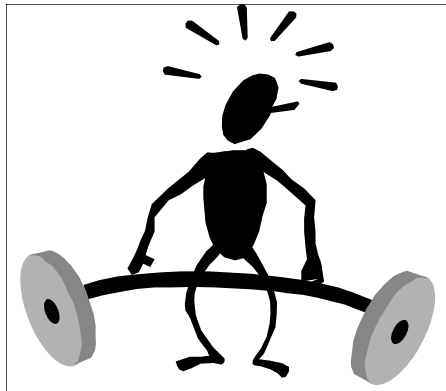
BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

BLACK BELT EXCELLENCE

MONTHLY THEME



"Fitness"

MONTHLY ACTIVITY:

The overall health of young students in the United States is declining. Currently 25% of 6-19 year old children & teens are overweight (3x the 1980 statistics) primarily because they do not get enough exercise. The average U.S. child gets less than 15 minutes of vigorous exercise a day. On average, children

spend 17hrs/week watching TV. That is not counting the time they spend on video/computer games. This inactivity is linked to 17 chronic diseases. Forty percent of children 5 to 8 years old show at least one sign of heart disease risk. Inactive children, when compared with active children, weigh more and have higher blood pressure. Studies have indicated a direct correlation between hours of TV watched and a child's body fat. Today's children have a serious case of what is be diagnosed as chronic couch potatoeoidus. This dreaded disease is turning our children into round mounds of starch eating monsters. Combining proper exercise with a healthy diet is the key to a healthy lifestyle and fighting off couch potatoeoidus.



Please see back of page.

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 September 15th or 16th.
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.

Circle if the following statements about Fitness is True or False?

Studies have indicated a direct correlation between hours of TV watched and a child's body fat. **True or False**

Kids that have fit parents will be fit kids. **True or False**

It is not as important which activity you use for exercise, it is that you get enough of the proper types of exercise. **True or False**

Currently 25% of 6-19 year old children & teens are overweight. **True or False**

A person can eat whatever they want as long as they exercise. **True or False**

Bodies develop stronger muscles as the result of anaerobic exercise. **True or False**

To improve health and burn fat, people should exercise 20 to 30 minutes once a week. **True or False**

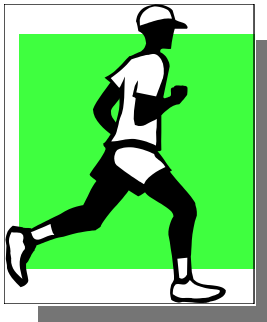
Aerobic or Anaerobic

From the Pictures below circle which is an Aerobic or Anaerobic exercise?

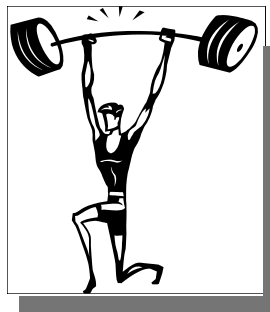
Remember:

Aerobic exercise burns more energy. Aerobic exercise involves increased breathing and elevated heart rate over an extended period of time.

Anaerobic exercise involves short bursts of exertion followed by periods of rest. Bodies develop stronger muscles as the result of anaerobic exercise.



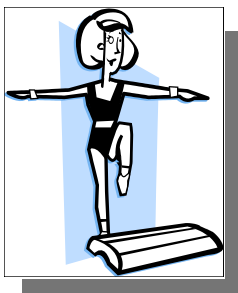
Aerobic or Anaerobic



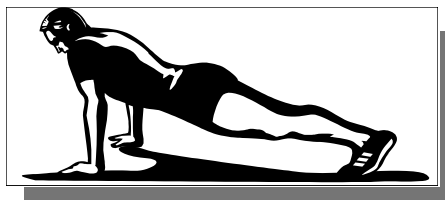
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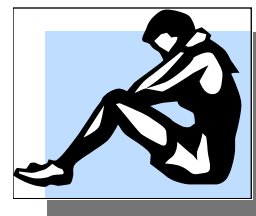
Aerobic or Anaerobic



Aerobic or Anaerobic



Aerobic or Anaerobic



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