



# BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

# BLACK BELT EXCELLENCE

## MONTHLY THEME

### *Goal Setting:*

There was once a young boy named Miko who had just started to study Karate and wanted to achieve full splits so he went to Master Woo and asked him how long it would take. Master Woo looked at the boy and asked him, "What is your goal? When would you like to achieve full splits? In 2 years, in 1 year or perhaps in 6 months?" The young boy said, "Well I don't know. That's the reason I'm here, to ask you when I should expect to be in the full splits." Master Woo told the boy to follow him outside, where some students were practicing archery. One of them, Colin, was hitting the bullseye with every shot. It was evident that he was the best archer in the whole school. He seemed to hit the target right in the middle every single time. The boy thought to himself that Colin was probably just as good as Robin Hood! Master Woo asked the boy, "Do you think you could be as good as Colin with the bow and arrow?" The young boy quickly said, "No! Not without a lot of practice."

Master Wood then said, "What if I put a blindfold on Colin and turned him around a few times so he doesn't know exactly where his target is, would you then be better than him?" "Sure. I'd beat him easily!" said the boy.

"You are saying that Colin could not hit a target he could not see, aren't you?" continued the Master.

"That's right," said the boy. "Well, if Colin can't hit a target, he cannot see with the bow and arrow. How are you going to hit a target you can't see? If you do not set a goal, you have nothing to shoot at which is worse than having a blindfold. That is why you need to set goals, to give you a target you can see to shoot at. Do you understand?" The young boy thought about this for a moment. "Yes, he answered. "I have to set a goal for how long it will take me to achieve full splits, then I should work hard so that I can reach my goal." "Exactly!" said Master Woo. "You learn quickly young man." The boy ran off to find a calendar, so he could set a date in the future to be his target for getting in the full splits club.

### Monthly Activity:

*Parents please help your child with the following activity*

**Kids:** As you take your journey toward Black Belt Excellence, you will learn the importance of setting goals. This month you will be hearing stories and participating in activities that will excite you and allow you to enjoy developing the proper outlook on your training. Having a Black Belt/Sash mindset is all about establishing good habits. One of those habits is developing and achieving goals. Be sure to complete the assignment on the back of this sheet.

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 December 12th and 13th.  
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.

# Goal Setting Worksheet

What was the boy's goal?

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What did the boy learn about setting and achieving his goal?

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Why did the boy need to write down his goal on the calendar?

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Sit down with your parents and write your goals for this year and then set a date to earn them.

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As a student of the martial arts, what are three of your goals?

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What are your plans of action to meet those goals?

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If you find yourself off track on your goals what should you do?

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