



# BLACK BELT SKILLS SHEET

HONOR

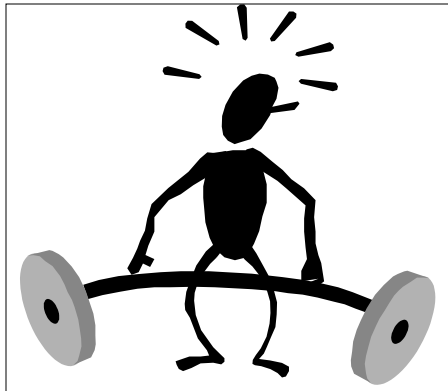
BENEVOLENCE

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 35% 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 February 20th or 21st**  
**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 35% 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**

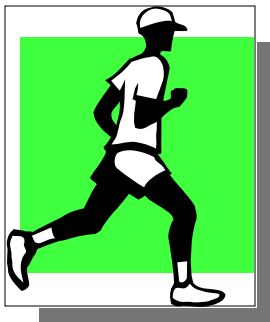
### *Aerobic or Anaerobic*

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

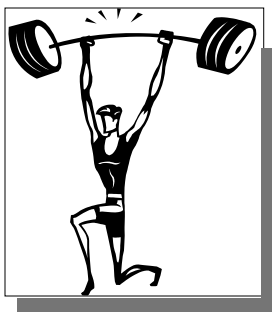
Remember:

**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.



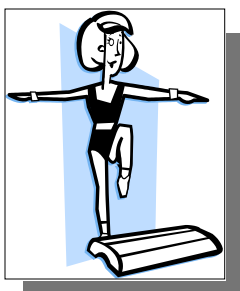
**Aerobic or Anaerobic**



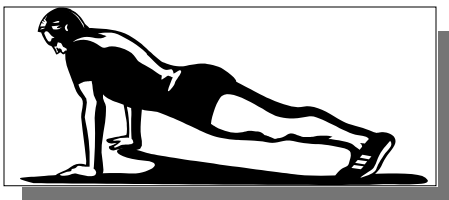
**Aerobic or Anaerobic**



**Aerobic or Anaerobic**



**Aerobic or Anaerobic**



**Aerobic or Anaerobic**



**Aerobic or Anaerobic**