

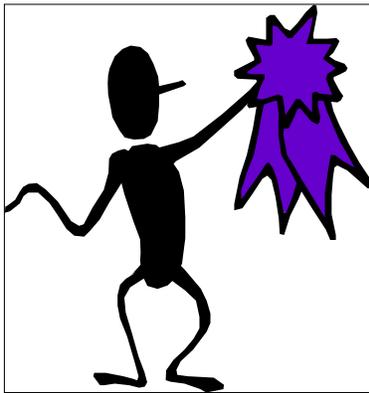


# BLACK BELT SKILLS SHEET



## BLACK BELT EXCELLENCE MONTHLY THEME

HOME/SCHOOL APPROVAL FORM

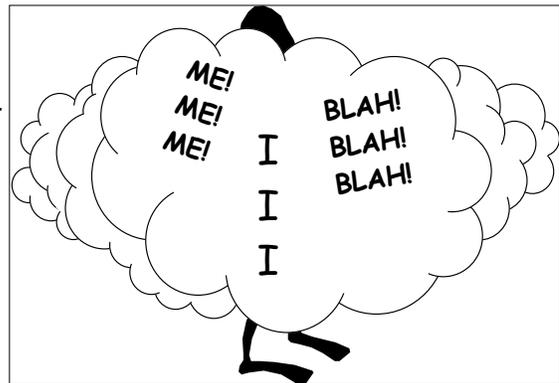


### "Modesty"

#### MONTHLY ACTIVITY:

There is a big difference in being proud of your accomplishments and bragging about yourself. We should all have confidence in ourselves and be proud, but we should never talk about ourselves to the point that we make others feel bad about themselves or feel bad towards us.

We should always use the Black Belt Excellence principle of Modesty. Modesty means, *without conceit or arrogance, proper in the way you dress, speak, and conduct yourself. Having a moderate estimation of your own merits. Not boastful.* Please complete the assignment on the back and ask yourself, am I Arrogant or Modest?



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 March 20th and 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.

## Please Answer the Following Questions about Modesty

1. When someone pays you a compliment, should you:

- Say, "thank you" and return the compliment
- Say, "I know that"
- Ignore them and walk away
- Put your hands up in a self-defense stance



2. If you are sparring with someone who is not as good as you, should you:

- Beat them up
- Use control and give them advice and praise
- Tell them their skills are no match for yours
- Show them some moves that you know they can't do so you can show

off

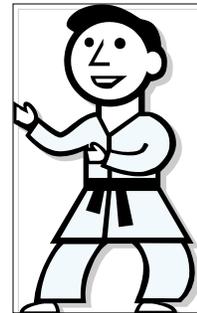
3. If you win a medal at a tournament, should you:

- Make sure that everyone knows that you are the best and shout, "I am King of the World!"
- Rub it in to students who did not win
- Be proud of your accomplishment but don't brag about it
- Wear it as a necklace everywhere you go



4. If your friend is less fortunate than you, should you:

- Constantly compare yourself to them
- Make fun of them because their house isn't as big or their car isn't as fancy
- Remind them daily how awesome you are
- Be respectful and say only positive things about them



5. Circle the traits below that best describes a modest black belt student:

- Confident
- Show-off
- Humble
- Courteous

## Using a Dictionary, Define the Following:

Modesty —

Arrogance —