

BLACK BELT EXCELLENCE



Monthly Theme:
AWARENESS

WHAT IS AWARENESS?

To be aware can mean anything from understanding how you feel about yourself, or to being aware of danger.

You can also be aware of how another person feels.

You can be on guard, as well as being conscious, sensible, cognizant or alert. It is important to understand awareness and to put your awareness into practice. Each week this month we will talk about how a person can be more aware about themselves and the things around them.

MONTHLY ACTIVITY:

Parents please help your child with the following activity:

Our work sheet this month consists of a hidden star. Have your child look at the work sheet and see if they can find the perfectly symmetrical star. If they can't find it see if you can. No peeking at the answer until you give it a good shot.

This month my son/daughter has demonstrated both at home and at school those qualities of responsibility required by the school for students seeking to earn their Black Belt Excellence Stripe.

Student's Name: _____

Student's Belt Rank: _____

Parent's Signature: _____

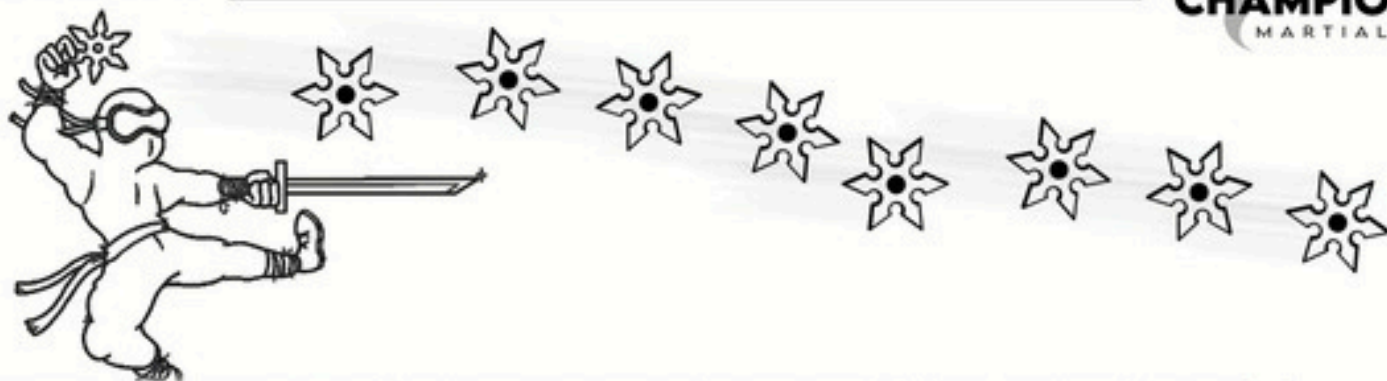
REQUIREMENTS OF THE BLACK BELT EXCELLENCE STRIPE

- Black Belt behavior at home
- Black Belt behavior and passing grades at school
- Overall performance and attendance at the karate school
- Completion of the monthly Excellence sheet.
- Returning the Excellence sheet to your instructor on time.

DUE THE THIRD WEEK OF JUNE

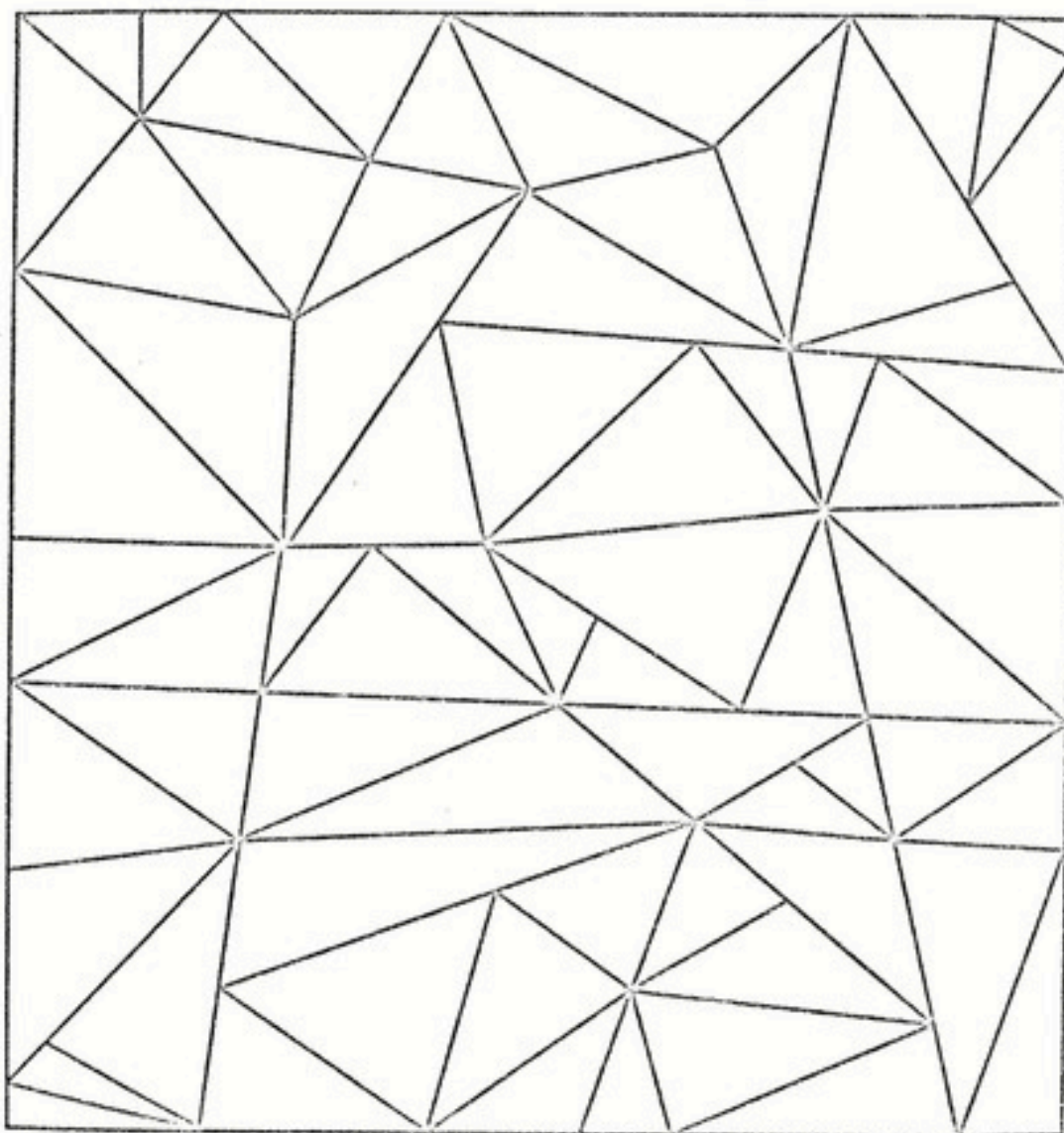
Remember these sheets are your responsibility not your parents' Late work sheets will not be accepted.

Name: _____



Directions: A perfectly symmetrical star is hidden in the design below; can you find it?

Looking for the hidden star is one way to be aware



Answer Key



-Awareness

Lesson Of The Month Worksheet