

# BLACK BELT EXCELLENCE



Monthly Theme:  
**COURTESY**

## WHAT IS COURTESY?

Being in Martial Arts initiates all kinds of courtesy. When we bow to each other or on entering the mat we show not only a form of courtesy but a form of respect.

Courtesy is being polite to others and being considerate. We can be considerate in the dojo, our schools, our businesses and also our homes.

As a student of the martial arts you want to rise above the bad or negative behavior of others by being respectful and courteous of other people, animals and property.

## MONTHLY ACTIVITY:

*Parents please help your child with the following activity:*

**Our work sheet this month consists of phrases that relate to courtesy. Look at the phrases and determine if it is an act of courtesy or not.**

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 APRIL**

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

Name: \_\_\_\_\_

**Directions:**

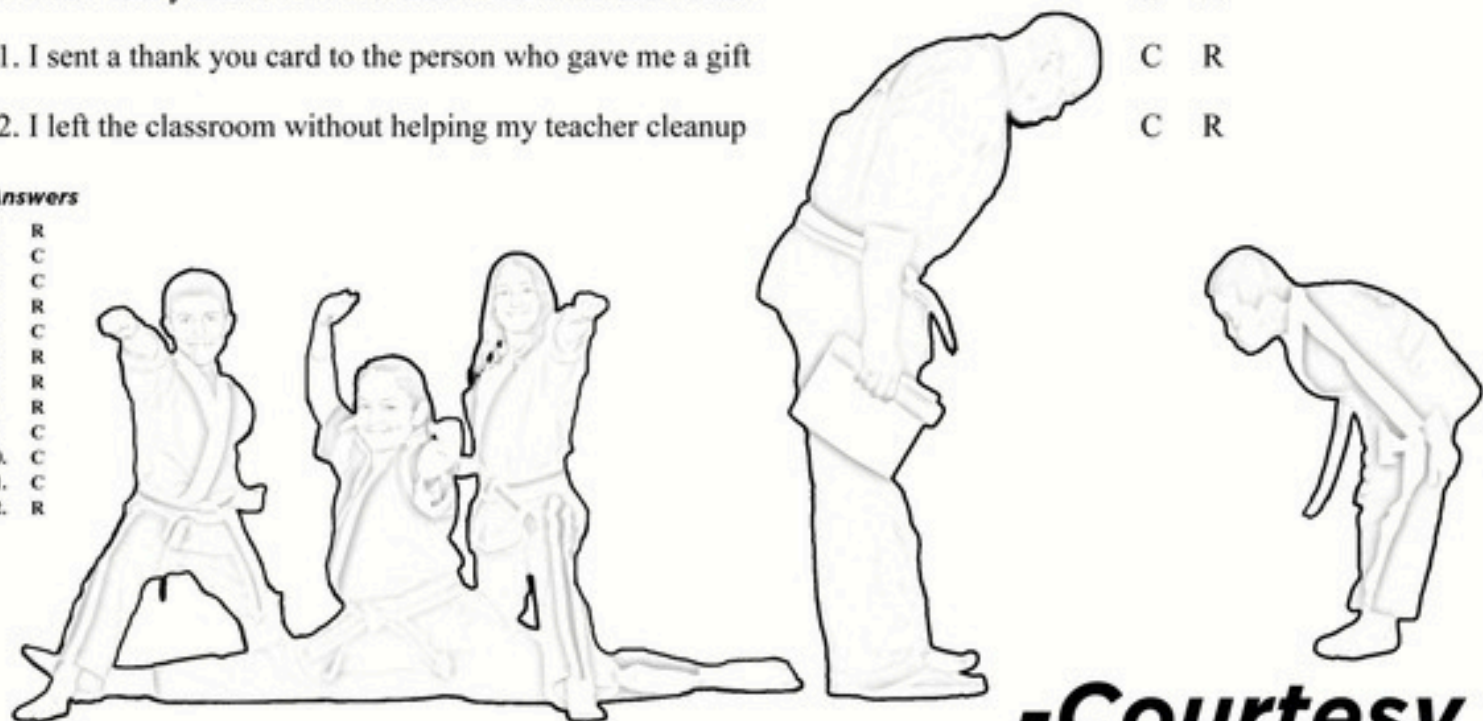
Look at each phrase and determine if it is an act of courtesy or an act of rudeness.

Circle "C" for Courteous or "R" for Rude.

1. Today in school during a test I kept hitting the leg of my desk with my foot C R
2. In my karate class last night I listened very closely to what my Instructor was saying C R
3. On the way home from school on the bus, I found a wallet, and gave it to the bus driver C R
4. When I was playing I saw a lost little kitten and left it where I saw it C R
5. My little sister or brother wanted to play with me and my friends and I let them C R
6. After dinner last night I left the table and went to call my friend and left the cleanup to someone else. C R
7. I went to play at my friend's house and never said hi to their mom or dad C R
8. My dog really wanted to go for a walk but I wanted to watch TV instead C R
9. I surprised my parents by cleaning up my room without being told C R
10. I bow to my instructor when I come to each karate class C R
11. I sent a thank you card to the person who gave me a gift C R
12. I left the classroom without helping my teacher cleanup C R

**Answers**

1. R
2. C
3. C
4. R
5. C
6. R
7. R
8. R
9. C
10. C
11. C
12. R



**-Courtesy**

**Lesson Of The Month Worksheet**