

BLACK BELT EXCELLENCE



Monthly Theme:
PERSEVERANCE

WHAT IS PERSEVERANCE?

Perseverance means that you continue to work towards a goal regardless of obstacles, difficulties or discouragement. You keep in your mind the end result of what you wish to accomplish and you don't let anything stop you from getting to your goal.

When a goal is very challenging and difficult, those with true character and perseverance will continue to try their best, even during the hard times, and they will be the people who experience the incredible reward of indomitable spirit and satisfaction in a job well done.

Sometimes the path to our goals may be difficult, but having perseverance and continuing to take those small steps every day until eventually that goal is reached. Remember to have a goal in mind, but focus on the small steps you can take every day to persevere.

MONTHLY ACTIVITY:

Parents please help your child with the following activity:

Unscramble the words on the back and remember: DON'T GIVE UP!

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 WHITE 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 SEPTEMBER

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

Name: _____

Directions

Students – Unscramble the words pertaining to perseverance.

PERSEVERANCE

Please unscramble the words below pertaining to perseverance

1. oieamnbdlit _____

2. laog _____

3. aelhgcnel _____

4. vheceai _____

5. sscsseu _____

6. itaddioenc _____

7. decnrwane _____

8. nateteoridnim _____

9. ovniis _____

KEY: Perseverance

- 1) Indomitable
- 2) Goal
- 3) Challenge
- 4) Achieve
- 5) Success
- 6) Dedication
- 7) Endurance
- 8) Determination
- 9) vision

