

# BLACK BELT EXCELLENCE



Monthly Theme:  
**PHYSICAL FITNESS**

## WHAT IS PHYSICAL FITNESS?

Physical fitness is so much more than exercise. Being involved in martial arts is a wonderful way to not only keep your body fit, but your mind. So when it comes to January and you are setting goals, set them for the whole package, mind and body.

There are over 60 million Americans who are obese and many of those are children, don't be part of the statistics. According to Wikipedia, physical fitness comprises two related concepts: general fitness (a state of health and well-being) and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations). Physical fitness is generally achieved through exercise, correct nutrition and enough rest. It is an important part of life.

## MONTHLY ACTIVITY:

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

**On the work sheet for this month have your children unscramble the words to find the theme.**

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:** \_\_\_\_\_

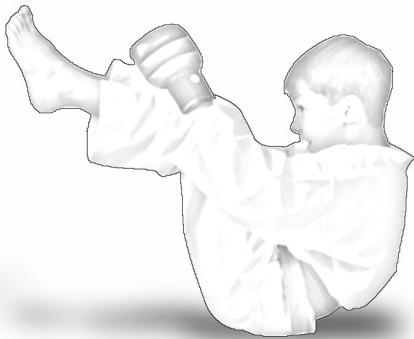
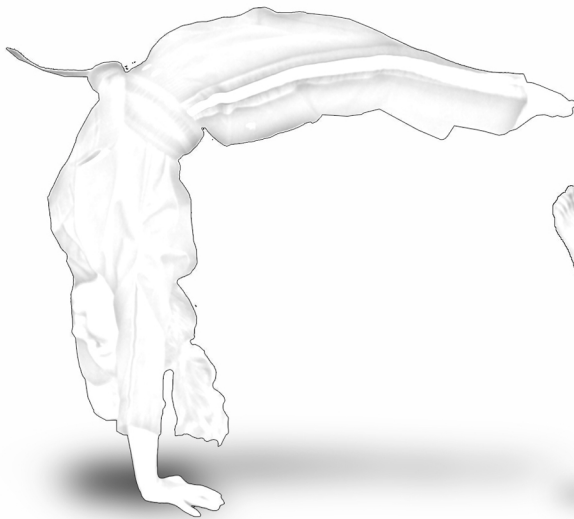
### REQUIREMENTS OF THE BLACK BELT EXCELLENCE STRIPE

- *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 DECEMBER**

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

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



**Directions**

Write the word the correct way across from the scrambled word. Try to not peek at the answer key until you get them all right. All words pertain to physical fitness.

P J G M U N I   C A K J

\_ \_ M \_ \_ \_ \_   \_ A \_

N R H C U C

\_ R \_ \_ \_ \_

U S Q T A

\_ \_ \_ \_ T

T S I   - P U

\_ I \_ - \_ \_

E H C R A

\_ \_ A \_ \_

G L E U N

L \_ \_ \_ \_

M T S I A N A

\_ \_ A \_ \_ \_ \_

N R N G N I U

R \_ \_ \_ \_ \_ \_

R H S C T E T

\_ T \_ \_ \_ \_ \_

S F S N I T E

F I T \_ \_ \_ \_

**Answer Key**

FITNESS

STRETCH

RUNNING

STAMINA

LUNGE

REACH

SIT - UP

SQUAT

CRUNCH

JUMPING JACK

**Write the letters that fall on the larger line in each word below**

**Theme of the Month**

\_\_\_\_\_

MARTIAL ART FIT

Theme of the Month:

**-Physical Fitness**

**Lesson Of The Month Worksheet**