



Black Belt EXCELLENCE

Monthly Theme: *Courage*

Daring to attempt difficult things that are good for you. The strength *not* to follow the crowd, to say “no” and mean it and influence others by it. Being true to convictions and following good impulses even when they are unpopular or inconvenient. Boldness to be outgoing and friendly.

Monthly Activity:

5 to 7 Year Olds: Parents, read the story and discuss the questions that follow with your son/daughter. Please help them with the short assignment and help them understand what courage is and how to use it when confronted by today’s “dragons”.

8-12 Year Olds: Interview at least two family members and have them recall a time when they had a chance to stand up for what they believe – a time when “the crowd” was doing something wrong, dangerous or harmful and they said no or tried to talk them out of it. Write their experience down in the space provided. Next, try to recall two times in the past when you used your courage to stand up for something you believed in. Think of how you can learn from your family’s and your own experience.

This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required for students seeking to earn belt advancement.

Student Name: _____

Student Rank: _____

Date: _____

Parent Signature: _____

DUE BEFORE JANUARY 15TH

5 Requirements of the BBE Stripe

- J Responsible behavior at home
- J Responsible behavior and passing grades at school
- J Overall performance and attendance at the dojo
- J Participation in BBE Mat Chats in class
- J Returning the BBE monthly activity

Little Dragons

The following story can help older pre-schoolers and young elementary schoolers relate storybook bravery to their own everyday behavior.

A young prince had never seen a real dragon before, but he had heard of dragons and knew of their great strength and of the hot fire they could breathe out their nostrils. One day he had gone for an early ride on his favorite horse and had just galloped down the path into the woods. As he turned a corner, he found himself face to face with a dragon. He could have turned his horse and ran, and maybe he could have escaped, but the dragon was heading for the town and would surely hurt or kill the people. With his heart beating fast with fright, the prince drew his sword and charged straight at the dragon. The dragon was so stunned by the prince's courageous charge that it turned and ran away. The dragon was gone and the kingdom was saved.

Parents, expand and elaborate this story as you wish. Then ask: "Did the prince have courage?" (yes) "Do we need courage today in this world?" (yes) "Why? We don't have dragons." (because there are other things than dragons that require courage).

Review the following list of today's "dragons" - things that take courage, and write down two of your own.

- ◆ Admitting you are wrong when you are
- ◆ Doing what is right when everyone else isn't
- ◆ Saying "hi" to a new child at school or at karate
- ◆ Saying no when kids try to get you to do something you know you shouldn't
- ◆ Asking for extra help when you know you need it

◆ _____

◆ _____

Karate Kids

Family Member #1

Family Member #2

Family Member #3 (optional)

Your own experience in courage #1.

Your own experience in courage #2

Teens and Adults:

What are 2 situations you feel confident in and show courage?

What are 1-2 situations you struggle to show courage?

Think of what makes you feel courageous in the first answer, how can you apply that to the second answer?

“Fear is a reaction. Courage is a decision.”

Winston Churchill