



# Black Belt EXCELLENCE

## Monthly Theme:

### *Responsibility*

A responsibility is a duty or a task that you are required or expected to do. This could be a chore at home, a homework assignment for school, or practicing your martial arts. When we meet our responsibilities, we show that we are reliable and trustworthy, especially when we do so without having to be reminded to do them.

**“When given an opportunity,  
deliver excellence and never quit.”**

Robert Rodriguez

## Monthly Activity:

Complete the chart by marking the tasks completed each day for a full week. Also note when you did them on your own (without any reminders!)

This Black Belt Excellence sheet is REQUIRED for Belt Promotion. Students must turn in completed form by the due date. A Blue stripe will be awarded for completion of the worksheet.

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 FEBRUARY 15TH**

### 5 Requirements of the BBE Stripe

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

# Being My Best By Taking Responsibility

<b>Pride</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
I made my bed							
I put my dirty clothes in the laundry							
I put my clean clothes away							
I put my personal belongings away							
I picked up everything from the floor							
I helped with dinner clean up							
<b>Self-Esteem</b>							
I brushed my teeth morning and night							
I put away my toothbrush and paste							
I wiped the water off the sink							
I took a bath or shower							
I didn't talk back to my parents							
I politely excused myself from the table							
I used "Please" and "Thank you" with everyone							
My martial arts uniform is clean							
<b>Self-Discipline</b>							
I practiced martial arts at home							
I took pride and gave my best effort in school							
I showed respect to all adults							
I did my best on my homework							
<b>Courtesy</b>							
I was ready for school in the morning							
I was ready and waiting with uniform for martial arts							
I came to the table when called							

