

Black Belt EXCELLENCE

M A Y T H E M E



“Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.”

Proverbs 10:9

What is honesty? Honesty is choosing to be truthful in whatever you say and do. When we're honest and we follow through with what we say we will do, people know they can trust us. However, honesty has more meanings than just "don't lie". It also means that you follow what is right and fair, and are sincere to others no matter what.

What happens when you lie? When you lie, you lose the trust of those around you. If you continually tell lies and live in dishonesty, everyone around you will stop believing in what you say. Being honest helps you build relationships with others around you. When you live honestly, you don't also have to worry about getting in trouble. You don't have to worry about lies coming back to get you in trouble when you always tell the truth. Lies only result in hurting yourself by damaging relationships with those around you. Lies hurt everyone.

What does honesty have to do with karate? Honesty is important in karate. Say for example, your instructor asks you if you are ready for testing next week. You remember that you have to work on a few techniques before testing, but you tell them yes, knowing you aren't ready. Days go by and you forget to work on your techniques and testing day arrives. You are unprepared and your instructor realizes that you didn't tell the truth about being ready.

God wants us to be honest. When we live our lives honestly, He is able to do more powerful works through us and we draw closer to God. When we choose to live a life of honesty, we feel not only better about ourselves, but also people around us feel better about giving us more responsibilities and trust. Honesty means that you will choose to do the right thing, even when a lie may be the easier road.

This month my son/daughter or student has demonstrated both at home and at school those qualities of responsibility required by our school for students seeking to earn the *Black Belt Excellence Stripe*.

First Name _____

Last Name _____

Date: _____

Parent Signature _____

Date Signed by Instructor _____

Due May 22nd

6 Requirements of the Stripe of Excellence

- ◆ Black Belt Excellence behavior at home
- ◆ Black Belt Excellence behavior and passing grades at school
- ◆ Overall performance and attendance at the karate school
- ◆ Completion of the monthly Black Belt Excellence activity sheet and assignment
- ◆ Returning the Black Belt Excellence sheet when due
- ◆ Returning the Excellence sheet on time, qualifies you for student of the month and belt testing

Return your BBE Sheet to an instructor at the beginning of class to receive your black stripe

Due May 22nd

Name: _____

The Honesty Quiz!

- 1) When you are not truthful, you lose _____
- 2) Being honest helps you build _____
- 3) When you lie to help yourself, you _____ yourself instead

What does Psalm 119:29 say?

Answer the following questions about honesty—if you have trouble, be sure to ask your parents for help.

Which situations show a person is Honest or Dishonest?
(Circle H for Honest or D for Dishonest)

- 1. You know you haven't finished your homework, but you say you have anyways: **H or D**
- 2. You are having a sleepover and you invite people from your class. A person in class you don't really like hears about it and asks if he can come, but you tell him that it got cancelled: **H or D**
- 3. Your parents ask you to clean your room. You put off cleaning until the last minute and you cram everything inside your closet and under your bed: **H or D**
- 4. You and your brother are at the park and you are playing freeze tag with a bunch of kids. One kid dives at you and barely tags you on the back of your shirt. You freeze in place anyways: **H or D**
- 5. You come into the snack room and you know you are out of snacks in your box, but you see that another student has snacks in his box so you reach in and take one of their snacks: **H or D**
- 6. You come into the snack room on Friday and you see that no one is around, so you go over to the snack station and mark yourself down for one candy bar, but you take three, a staffer asks how many candy bars did you get? You say 2. **H or D**
- 7. You are walking in the mall and see an elderly man and his wife walking ahead of you. His wallet to the ground and he doesn't notice it. You race to get it and chase down the elderly man and return the wallet to him: **H or D**
- 8. You get in trouble at school and have to take a note home for your parents to sign. You know you are going to get into trouble, shamefully, you give them the note like you were supposed to and accept the consequences: **H or D**

