

# Black Belt EXCELLENCE

## Home/School Approval Form

### Monthly Theme:

# *Integrity*

Integrity is following closely a code of ethics that is aligned with character. It means being honest and trustworthy, reliable and faithful, upright and principled in the way you act and being consistent with your actions. Integrity includes, but goes beyond honesty. Honesty is telling the truth while Integrity is matching our words to reality. Like a super hero, a black belt lives by the code of our student creed to help our community, family, and ourselves.

### Monthly Activity:

*Parents please help your child with the following activity*

**Lil' Dragons and Karate Kids:** Complete the following Black Belt Excellence assignment about Integrity. Parents discuss the importance of following rules of conduct and integrity even when it is view as unpopular by others.

This month my son/daughter has demonstrated both at home and at school those qualities of responsibility required by East West Karate for students seeking to earn the Black Belt Excellence stripe of achievement.

**Student's Name** \_\_\_\_\_

**Student's Belt Rank** \_\_\_\_\_

**Dated this** \_\_\_\_ **day of** \_\_\_\_\_

**Signed by** \_\_\_\_\_

**Teacher's Signature** \_\_\_\_\_

#### 5 Requirements of the Stripe of Excellence

- ◆ Responsible behavior at home
- ◆ Responsible behavior and passing grades at school
- ◆ Overall performance and attendance at the karate school
- ◆ Completion of the monthly B.B.E. activity
- ◆ Returning the B.B.E. Home/school Approval sheet on **Wednesday or Thursday, June 10th or 11th.**

### Must Return on Time

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

# ***Integrity is a Super Power!***

Integrity is matching reality to our words - which means, keeping promises and fulfilling expectations. Do what you say you are going to do. Be who you say you are. Integrity is living by a moral code and showing it in our actions.

From the list below, decide if the action has the integrity of a HERO or is an action of a ZERO!

***Hero***



***or***

***Zero***



- 
- A. This person would never Lie.
  - B. This person would never Talk behind someone's back.
  - C. This person laughs at other people.
  - E. This person would never Fail to keep promises.
  - D. This person says things that hurt other people's feelings.
  - E. This person would never Be afraid to apologize for mistakes they make.
  - F. This person Acts like someone they are not.
  - G. This person never does what they say they are going to do.
  - H. This person enjoys helping others.
  - I. This person is nice to people only when they want something from them.
  - J. You can always believe this person.

Write a list of actions that has the integrity of a HERO!

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