



Black Belt EXCELLENCE

Monthly Theme:

Honor Code

I promise to never use my martial arts training for any purpose that would convey a negative image of myself or my fellow students at Miori Martial Arts.

I also understand that the reason for my training is to improve myself both physically and mentally so that I am better able to make a positive contribution to society.

Monthly Activity:

Complete the chart and answer the questions about the Honor Code. Make sure you have it memorized!

This Black Belt Excellence sheet is REQUIRED for Belt Promotion. Students must turn in completed form by the due date. A 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 OCTOBER 15TH

Mental Growth Chart

Positive Actions	Negative Actions
1. Read a book	1. Too much TV
2.	2.
3.	3.
4.	4.
5.	5.

Physical Health Chart

Positive Actions	Negative Actions
1. Exercise	1. Smoking
2.	2.
3.	3.
4.	4.
5.	5.

Answer the following questions:

Name 2 ways we can use our martial arts training in a POSITIVE way:

1. _____
2. _____

Name 2 ways we would use our martial arts to convey a NEGATIVE IMAGE:

1. _____
2. _____

Name 2 ways we improve ourselves MENTALLY through our martial arts training:

1. _____
2. _____

Name 2 ways we improve ourselves PHYSICALLY through our martial arts training:

1. _____
2. _____

Name 2 ways we can make a POSITIVE CONTRIBUTION TO SOCIETY:

1. _____
2. _____