



Black Belt EXCELLENCE

Respect

Respect for life, property, parents, elders, those in authority, for nature, and the beliefs and rights of others; Courtesy, politeness and good manners; Self-Respect and the avoidance of self-criticism.

Monthly Activity: The Respect Test

This test helps children understand the importance of being respectful and lets them realize how and when they should exercise their respect and kindness to others. Parents should use this opportunity to discuss with their children the meaning of respect and the rules their family has set forth for showing respect to others.

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 JUNE 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

RESPECT TEST

When addressing an adult or someone in authority, we say:

----- or -----.

Name 2 ways we show respect for our dojo:

1. -----
2. -----

Name 2 ways we show respect for our flag:

1. -----
2. -----

Name 2 ways we show respect to our parents:

1. -----
2. -----

Name 2 ways we show respect to our classmates:

1. -----
2. -----

Why is it important to show respect?

Describe a time you used respect and what was the result:

Describe a time you didn't use respect and what was the result:

