



Black Belt EXCELLENCE

Strength

This month we are going to train to get strong in three ways. First is to be physically strong. This will include doing strength building exercises. The goal of a martial arts athlete is to perform martial arts moves, kicks, forms, self-defense and sparring to the very best of our abilities. For this to happen, we need to be strong in several areas. Your muscles add to the strength of your kicks and punches, and also serve as armor to protect your body. You need endurance to train hard, and that strength needs to come from having strong lungs. To build this endurance, we must train to get our heartbeat and breathing up. The strength of endurance and muscles forms the foundation to be a peak performer and future black belt.

Building muscles happens when we have resistance. When your muscles are challenged by doing push-ups, sit-ups, kicking target pads, and squats, the muscles respond by gaining strength. At first when you run, kick, do jumping jacks, and sparring you get winded and tired. However, consistent training builds your aerobic muscles and your body responds and your endurance increases.

So when we train hard this month, we need you to think like a champion. You actually should look forward to each exercise and say "Bring It On!" knowing that the more you train, the stronger you will get.

Another part of strength is mental toughness. This is your determination to not give up. This strength is also developed with resistance. For example, when you do a few push-ups and then stop, you don't get stronger. You only get stronger on the last few that are really tough. This is the physical resistance. Here lies the challenge – to get strong you need to get to the point of it being difficult. But most people give up when things start to get tough. To get strong we need the mental toughness and positive attitude to get to the point when things get a little hard and you keep trying. That's the difference between a top athlete and an average person. As a black belt in training, it's very, very important to develop the mental toughness in order to become physically strong.

The last part of strength is how tough you are in your choices. Every day you have choices. Get up or stay in bed a few minutes. Eat breakfast or don't. Mess around in school or pay attention to the teacher. Concentrate on learning or whisper to friends. Speak well of others or talk behind someone's back. Do homework or make an excuse. Treat people with kindness or be rude. Let someone talk you into doing something wrong or standing strong. It takes personal strength to make the best choices. The best choice may not be the most fun, the easiest, or the most popular. But Black Belts in training have the strength and also work on getting stronger in the choices they make. Be Martial Arts STRONG.

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 BY: January 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

Choose the things that represent the 3 types of strength:

Physical

- ___ I practice holding my horse stance for longer amounts of time
- ___ I only bend my arms a little on my push-ups
- ___ I practice all of my forms, one after another, from low stances with power

Give an example of when you worked on building your strength in your training:

Mental

- ___ I look all around at others when moves are called out in class
- ___ I keep on practicing difficult moves until I have them well
- ___ I focus on my moves to memorize them

Give an example of when you used your mental strength in your training:

Choices

- ___ I go to my karate classes with a great attitude
- ___ I eat healthy foods to fuel my body
- ___ I think before I do things, staying true to my character

Give an example of when your smart choices helped you:
