



# Black Belt EXCELLENCE

## Goals



A **goal** is a desired result that a person envisions, plans, and commits to achieve.

In martial arts the goals are belts. We set the target for black belt. It is not easy, but we need to work hard to win and don't stop when we have a challenge. The way we do it is by making decisions, constantly pressing forward and getting help from our "team" - our instructors, classmates, and family members. Eventually we come to the day of the Black Belt test and we're ready to score and hit the goal of black belt.

Goal Setting is important in everything we do. If you want to get a good grade in school, you set that as your goal. You then work, not letting anything stop you. You ask for help, press a little harder, never giving up, and one day you reach the goal of a good grade.

Complete the assignment for goal setting on the following page.

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 Date:** BEFORE APRIL 15<sup>th</sup>

### 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

## Short Term Goals

These are goals we can achieve in a few hours or a few days. Choose 5 short term goals and write them down – color in the star when you have achieved them.

_____	
_____	
_____	
_____	
_____	

## Mid Term Goals

These are goals that we can achieve in a few weeks or months. Choose 3 mid term goals and write them down along with the date you want to achieve them.

_____
_____
_____

## Long Term Goals

These are goals that will take us a many months or even years to achieve. Choose 2 long term goals and write them down along with the date you want to achieve them.

_____
_____

**For both mid and long term goals, you should write a plan (the steps) you will follow to help you keep on track and focused on your goal.**