





MILE HIGH KARATE®

SIXTEEN WEEKS TO BLACK BELT AND BEYOND

THE BLACK BELT MINDSET WORKBOOK

The weekly companion to The Black Belt Mindset: goal pages, home challenges and the instructor guide.

GRAND MASTER STEPHEN OLIVER & GRAND MASTER JEFF SMITH







MILE HIGH KARATE®

MILE HIGH KARATE® · SIXTEEN WEEKS TO BLACK BELT AND BEYOND

THE BLACK BELT MINDSET WORKBOOK

This workbook belongs to _____

Belt _____

Start date _____

Instructor _____

GRAND MASTER STEPHEN OLIVER & GRAND MASTER JEFF SMITH

START HERE

HOW TO USE THIS WORKBOOK

This workbook goes with the book *The Black Belt Mindset*. There is one workbook lesson for each of the sixteen weeks.

Sixteen weeks, two test cycles. Weeks 1 to 8 are Test Cycle 1. Weeks 9 to 16 are Test Cycle 2. After Week 16, the program starts again at Week 1. You can join in any week. Your instructor will tell you which week it is.

EVERY WEEK HAS EIGHT PARTS

1. **Words to Know.** Match each word to what it means.
2. **Fill in the Blank.** Finish each sentence from the chapter.
3. **Think About It.** Answer in your own words. Questions marked "Teens & Adults" are for older students.
4. **Black Belt and Beyond.** This week's step toward your Black Belt goal. Do not skip this page. It is the most important page in the lesson.
5. **Activity.** Draw, write or make a list.
6. **Home Challenge.** Do it every day for seven days and check off each day. When it is done and signed by a parent, turn it in to earn an attitude stripe.
7. **My Self-Talk.** Write your own "I am" words to say to yourself.
8. **Live the Creed.** Say the Student Creed every day and write how you lived this week's Principle of the Black Belt.

Young students: It is fine to have a parent help you read and write. You can draw your answers, too.

Parents: The Black Belt is a family goal. Sign each lesson when your child finishes the Home Challenge. Your signature tells the instructor the lesson was practiced at home, not just read.

Bring this workbook to class every week. Your instructor will check it and initial your Week Tracker.

WRITTEN BY GRAND MASTER STEPHEN OLIVER

THE MILE HIGH KARATE STUDENT CREED

1. *"I develop myself physically and mentally, based on the MILE HIGH KARATE SPIRIT."*
2. *"I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health."*
3. *"I intend to develop self-discipline in order to bring out the best in myself and others."*
4. *"I intend to use what I learn in class constructively and defensively, and never be abusive or offensive."*

PRINCIPLES OF THE BLACK BELT

MODESTY
Be proud of your work without bragging.

COURTESY
Use good manners and kindness with everyone, every time.

INTEGRITY
Do the right thing, even when no one is watching.

PERSEVERANCE
Keep going when it gets hard.

COURAGE
Do the right thing even when you feel afraid.

INDOMITABLE SPIRIT
Never let anything beat your spirit. Never give up.

- [ ] I can say the Mile High Karate Student Creed from memory.
- [ ] I can name all six Principles of the Black Belt.

Student signature _____ Instructor signature _____ Date _____

BLACK BELT AND BEYOND

THERE ARE ONLY TWO CHOICES

I am committed to excellence. I will be a Black Belt!

Early on, every student and family makes a choice. **Choice one:** train for a short while and move on. **Choice two:** become a Black Belt.

There is no third choice. "Maybe" almost always turns into "no." The more than 1,000 students who have earned a Mile High Karate Black Belt all did the same thing first: they **set the goal**, most of them as white belts.

For a young child, getting to Black Belt is no harder than going from second grade to sixth grade. The curriculum unfolds one step at a time. It takes about 48 months of training two to three times a week. Children bring the enthusiasm. Parents bring the long-term vision.

THE BLACK BELT GUARANTEE CHECKLIST

Do these six things and you put your Black Belt almost out of reach of failure. Check them off, and look at this list again every test cycle.

- ☐ **Show up 2 or 3 times every week** until you pass your test. Most people who do not reach Black Belt stop showing up, or show up only now and then.
- ☐ **Set your goal.** Really set it, by finishing the Black Belt and Beyond page every week.
- ☐ **Take a photo with a Black Belt** and see yourself as a Black Belt every single day.
- ☐ **Parents: do not take "no" for an answer.** Bring your student 2 or 3 times a week, from now on.
- ☐ **Ask your instructors often,** "What can I do to improve?"
- ☐ **Build your desire.** Meet Black Belts. Watch tournaments and the Black Belt Extravaganza. Learn about the martial arts. Enjoy yourself.

Our family has made the choice. We will be a Black Belt family.

Student signature	Parent signature	Date

WHAT GETS MEASURED GETS DONE

MY TRAINING TRACKER

ATTENDANCE THIS TEST CYCLE

Aim for 16 or more classes before each belt test. Check a box every time you train.

MONTH 1

1	2	3	4	5	6	7	8
☐	☐	☐	☐	☐	☐	☐	☐

MONTH 2

9	10	11	12	13	14	15	16
☐	☐	☐	☐	☐	☐	☐	☐

STRIPES YOU CAN EARN EACH CYCLE

STRIPE	HOW YOU EARN IT
Grey Stripe	Approval to test: 16 or more classes over 8 weeks.
Black Stripe	Your instructor reviews and approves your curriculum progress.
Yellow Stripe	You take part in an intramural tournament or required event.
Attitude Stripe	Finish a weekly Home Challenge or a challenge sheet, signed by a parent.

MY FITNESS GOALS

Set a goal for each one, check your progress halfway through the cycle, and write your result on test day. Compete only against yourself.

EXERCISE	MY GOAL	PROGRESS	TEST DAY
Push-ups			
Sit-ups			
Squats			
Jump rope			
Kicks in 1 minute			
Run (time or distance)			

START ANY WEEK

MY WEEK TRACKER

WK	LESSON	SUCCESS SKILL	DATE DONE	PARENT	INSTRUCTOR
1	**Aim Before You Kick**	Goal Attainment & Positive Self-Expectancy			
2	**Never Quit**	Definite Commitment			
3	**Knowledge, Honesty, Strength**	Unshakable Character & Personal Honesty			
4	**See the Black Belt in the Mirror**	Visualization			
5	**Expect Good Things**	Total Self-Confidence			
6	**What You Say When You Talk to Yourself**	Positive Self-Talk			
7	**Do It Without Being Told**	No Excuses			
8	**Courtesy and Respect**	Positive Respect			
9	**Know Yourself**	Goal Attainment & Positive Self-Expectancy			
10	**The Fire Inside**	Definite Commitment			
11	**An Action Is Worth a Thousand Pictures**	Unshakable Character & Personal Honesty			
12	**Like Who You Are**	Total Self-Confidence			
13	**Walk Like a Black Belt**	Visualization			
14	**You Are in Charge of You**	Positive Self-Talk			
15	**Small Steps, Every Day**	No Excuses			
16	**The Black Belt Is a Beginning**	All Eight Together (Black Belt and Beyond)			

AIM BEFORE YOU KICK

SUCCESS SKILL	PRINCIPLE	KEY WORD
GOAL ATTAINMENT & POSITIVE SELF-EXPECTANCY	PERSEVERANCE	TARGET

> *"A goal is not always meant to be reached, it often serves simply as something to aim at."*
>
> — BRUCE LEE

LIVE THE CREED *"I develop myself physically and mentally, based on the MILE HIGH KARATE SPIRIT."*

THE BIG IDEA

Pick a clear goal, write it down, and take a step toward it every day.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ 1. Goal	**A.** Specific, Measurable, Attainable, Realistic, Tangible
_____ 2. Self-direction	**B.** something you want to do or become and will work for
_____ 3. SMART	**C.** clear and certain, with no "maybe"
_____ 4. Vision sheet	**D.** steering your own life toward your goals
_____ 5. Definite	**E.** a page where you write and draw your goals

2 FILL IN THE BLANK

1 The first Black Belt goal step is: Say it out _____.

2 When you break a board, aim _____ the target.

3 The fourth Black Belt goal step is: Never give _____.

3 THINK ABOUT IT

1 Write the four Black Belt steps for reaching a goal.

2 Grand Master Oliver says there are only two choices, and "maybe means no." What do you think he means?

3 Why did Grand Master Rhee want students to think about their NEXT degree before they reached their Black Belt?

4 TEENS & ADULTS Write your Black Belt goal as a SMART goal. Which letter (S, M, A, R or T) was hardest to fill in, and why?

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

MY SMART BLACK BELT GOAL WORKSHEET

Module A: Goal Setting (SMART Goals)

Every Black Belt at Mile High Karate set the goal at white belt. Fill this in with your family, sign it, and give a copy to your instructor.

My Goal: To be a 2nd Degree Black Belt and live the Black Belt lifestyle.

Deadline: About 48 months from beginning karate to earn my 1st Degree Black Belt. About 30 months from 1st Degree to 2nd Degree Black Belt.

Date I started karate _____

Approximate goal date for my 1st Degree Black Belt _____

Approximate goal date for my 2nd Degree Black Belt _____

Benefits I want most (check all that matter to you):

- ☐ The ability to defend myself
- ☐ Health and fitness
- ☐ Total confidence
- ☐ Being part of an elite team
- ☐ The first step toward Black Belt mastery and life mastery
- ☐ Learning an advanced curriculum
- ☐ Developing leadership and public-speaking skills
- ☐ A life-changing process

My personal benefits (in my own words):

_____

_____

_____

My Action Plan (check each one you will do):

- ☐ Train consistently 2 to 3 times per week
- ☐ Test regularly, about every 2 months, with 16 or more classes
- ☐ Take personal responsibility to learn my material
- ☐ Get proper nutrition, rest and exercise
- ☐ Practice at home 15 to 30 minutes a day
- ☐ Apply for the Black Belt Club when my instructor invites me

My personal action steps:

_____

_____

_____

Is my goal SMART? Specific ☐ Measurable ☐ Attainable ☐ Realistic ☐ Tangible ☐

Personal Commitment: I pledge to do whatever it takes to achieve my goal, for the betterment of myself and those around me.

Student signature _____ Parent signature _____ Date _____

5 ACTIVITY: MY VISION SHEET

Make your own vision sheet. Write your Black Belt goal and date, your next belt goal, one school or work goal, and one goal at home. Draw a small picture next to each one. Copy it onto a big sheet and hang it where you will see it every day.

1.

2.

3.

4.

5.

6.

7.

8.

6 HOME CHALLENGE: SAY IT EVERY DAY

Every day this week, say your Black Belt goal out loud to someone (a parent, a friend, a teacher, a grandparent). Use the word "when," not "if." Then do one thing that day to train for it: practice a form, stretch, or do your karate homework. Write who you told and what you did.

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	WHO I TOLD / ONE STEP I TOOK
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Write a sentence about your Black Belt goal. Start with: "I am going to be a Black Belt by..."

8 LIVE THE CREED

Say the Student Creed out loud every day this week. Then write about one time this week you showed **Perseverance**.

Student signature

Parent signature

Instructor signature

WEEK 2 · TEST CYCLE 1

NEVER QUIT 02

SUCCESS SKILL	PRINCIPLE	KEY WORD
DEFINITE COMMITMENT	INDOMITABLE SPIRIT	COMMIT

> *"Defeat is a state of mind; no one is ever defeated until defeat has been accepted as a reality."*
>
> — BRUCE LEE

LIVE THE CREED *"I intend to develop self-discipline in order to bring out the best in myself and others."*

THE BIG IDEA

Champions get knocked down like everyone else. They decide ahead of time to get back up.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ 1. Perseverance	A. doing well after being behind or after a loss
_____ 2. Commitment	B. keeping going even when something is hard
_____ 3. Comeback	C. two or more techniques thrown one right after another
_____ 4. Reveal	D. a promise you keep, even on hard days
_____ 5. Combination	E. to show something that was hidden

2 FILL IN THE BLANK

1 Difficulties don't create character, they _____ it.

2 When Grand Master Smith came back to karate, he said, "I'm not going to _____."

3 Instead of saying "I can't do this," a Black Belt says "I can't do this _____."

3 THINK ABOUT IT

1 What is the difference between being interested and being committed? Give an example from your life.

2 Grand Master Smith quit karate once, then came back. What do you think would have happened if he had stayed home?

3 What is one thing in karate that is hard for you right now? Write it, then add the word "yet."

4 TEENS & ADULTS Think of something you quit in the past. What did "maybe" cost you? What would a definite commitment have changed?

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

MAKE THE COMMITMENT

Module B: Commitment

Read these words with your family. Then make your Black Belt goal definite.

> *Concerning all acts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would not otherwise have occurred.*
>
> W. H. MURRAY, THE SCOTTISH HIMALAYAN EXPEDITION

The date I will earn my 1st Degree Black Belt _____

The date I will earn my 2nd Degree Black Belt _____

Family conversation: "If our student were a Black Belt a few years from now, with all the confidence, discipline and focus that come with it, is that something we want for our family?"

Our family's answer:

_____

_____

_____

What is the difference between interested and committed?

_____

_____

- ☐ I am committed to my Black Belt. It is not a maybe.
- ☐ We have a plan for getting to class 2 to 3 times every week.
- ☐ Nobody in our family quits on a bad day.

_____ Student signature

_____ Parent signature

5 ACTIVITY: MY NEVER-QUIT PLAN

Fill in your plan for the next time you feel like quitting. 1) The feeling I might have is ____. 2) The reason I want my Black Belt is ____. 3) One small step I can take is ____. 4) The person I will ask for help is ____. 5) The days I will always show up for class are ____.

1.

2.

3.

4.

5.

6 HOME CHALLENGE: FINISH STRONG WEEK

For seven days, finish everything you start: every drill, every chore, every page of homework, every set of push-ups. Do not say "I'll try" all week. Say "I will" and do it. Each night, check the box if you finished everything you started that day.

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	I FINISHED EVERYTHING I STARTED TODAY
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Write a Say It Out Loud sentence about your commitment. Start with: "I am committed to..."

8 LIVE THE CREED

Say the Student Creed out loud every day this week. Then write about one time this week you showed **Indomitable Spirit.**

Student signature

Parent signature

Instructor signature

KNOWLEDGE, HONESTY, STRENGTH 03

SUCCESS SKILL	PRINCIPLE	KEY WORD
UNSHAKABLE CHARACTER & PERSONAL HONESTY	INTEGRITY	HONEST

> *"Strength in my body, honesty in my heart and knowledge in my mind."*
>
> — GRAND MASTER JHOON RHEE

LIVE THE CREED *"I develop myself physically and mentally, based on the MILE HIGH KARATE SPIRIT."*

THE BIG IDEA

A true martial artist builds three things: knowledge in the mind, honesty in the heart and strength in the body.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ 1. Creed	**A.** telling the truth and being fair
_____ 2. Knowledge	**B.** a set of beliefs you say out loud and try to live by
_____ 3. Honesty	**C.** using your strength only to do what is right
_____ 4. Character	**D.** what you learn and know
_____ 5. Might for right	**E.** the kind of person you are on the inside

2 FILL IN THE BLANK

1 Grand Master Rhee's creed says: strength in my body, honesty in my _____, and knowledge in my mind.

2 Grand Master Rhee said, "When I am truthful, my heart is _____."

3 Grand Master Rhee opened his first school in Washington, D.C., in _____.

3 THINK ABOUT IT

1 Which of the three (knowledge, honesty, strength) is easiest for you? Which is hardest?

2 What does "might for right" mean? Give an example.

3 Grand Master Rhee came to America with almost nothing. What does his story teach you?

4 TEENS & ADULTS Describe a time you followed your own compass instead of the crowd. What did it cost you, and what did it earn you?

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

BLACK BELT STORIES

Module 3: Black Belt Stories

Every Black Belt in your school was once a white belt. Talk with one this week and find out how they made it.

The Black Belt I talked with _____

How long their journey to Black Belt took _____

The hardest part of their journey was:

What kept them going:

One thing they said that inspired me:

A Black Belt essay, performance or story I heard in class, and what I learned from it:

One way my Black Belt story will be like theirs:

5 ACTIVITY: THE THREE-LEGGED STOOL

Draw a stool with three legs. Label the legs Knowledge, Honesty and Strength. Under each leg, write one thing you will do this week to make that leg stronger.

6 HOME CHALLENGE: LEARN AND LIVE THE CREED

Say Grand Master Rhee's creed out loud every morning for seven days. Each day, do one thing for your body, one thing for your mind and one honest thing for your heart (like owning up to a mistake before anyone asks). By Day 7, say the creed to a parent from memory.

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	SAID THE CREED / BODY / MIND / HEART
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Write your own "I am" sentence using the words knowledge, honesty or strength. Example: I am honest in my heart.

8 LIVE THE CREED

Say the Student Creed out loud every day this week. Then write about one time this week you showed **Integrity**.

Student signature

Parent signature

Instructor signature

WEEK 4 · TEST CYCLE 1

SEE THE BLACK BELT IN THE MIRROR 04

SUCCESS SKILL	PRINCIPLE	KEY WORD
VISUALIZATION	COURAGE	SEE

> *"Always remember that your success begins inside you: If you can't see it first, no one else ever will."*
>
> — CHUCK NORRIS

LIVE THE CREED *"I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health."*

THE BIG IDEA

See yourself as the person you are working to become, and you will start to become that person.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ 1. Self-image	**A.** the loud shout made with a strong move
_____ 2. Visualization	**B.** the picture in your mind of who you are
_____ 3. Kihap	**C.** a big, exciting show or celebration
_____ 4. Label	**D.** seeing something clearly in your mind before it happens
_____ 5. Extravaganza	**E.** a word used to describe a person, like "shy"

2 FILL IN THE BLANK

1 You tend to act like the _____ in your head.

2 Every class adds a _____ to your picture.

3 Each year, new Black Belts receive their belts on stage at the Black Belt _____.

3 THINK ABOUT IT

1 Why does Mile High Karate invite white belts to watch the Black Belt Extravaganza?

2 What is pre-playing? When could you use it this week?

3 Has anyone ever given you a label you did not like? What new word would you like to describe you?

4 TEENS & ADULTS What belief about yourself did you form years ago that may no longer be true? What proof from training says otherwise?

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

MAKE A DEFINITE COMMITMENT: MY BLACK BELT VISUALIZATION

Module 4: Visualization Worksheet

Self-motivation arrives through visualization. Draw your Black Belt self, fill in your qualities, and ask your parents how they see you. Turn it in for an attitude stripe.

Today's date _____

The date I will earn my ____ Degree Black Belt _____

Draw yourself as a Black Belt, or paste a photo of your face on a Black Belt figure.

How do I see myself as a Black Belt? Write 8 qualities (for example: strong, focused, respectful, brave, a leader).

Parents: How do you see your child as a Black Belt? Write 4 to 6 things you will see them doing.

Student signature

Parent signature

5 ACTIVITY: PRE-PLAY MY FORM

Close your eyes and run your newest form in your mind, from the first bow to the last bow. Then write down each move you saw, in order. Circle the one move you want to see most clearly next time.

1.

2.

3.

4.

5.

6.

7.

8.

6 HOME CHALLENGE: BLACK BELT PICTURE WEEK

Every night for seven days, spend 30 seconds before bed picturing yourself receiving your Black Belt: see it, hear the clapping, feel the belt being tied. Then write one piece of proof from that day that you are becoming that person (you stood tall, used a strong voice, did something brave).

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	MY PROOF TODAY
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Write a sentence about the person you are becoming. Start with: "I am becoming someone who..."

8 LIVE THE CREED

Say the Student Creed out loud every day this week. Then write about one time this week you showed **Courage**.

Student signature

Parent signature

Instructor signature

EXPECT GOOD THINGS

SUCCESS SKILL	PRINCIPLE	KEY WORD
TOTAL SELF-CONFIDENCE	COURAGE	EXPECT

> *"To be a great champion you must believe you are the best. If you're not, pretend you are."*
>
> — MUHAMMAD ALI

LIVE THE CREED *"I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health."*

THE BIG IDEA

When you work hard and expect to succeed, you give yourself the best chance to win.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ 1. Expect	A. a steady feeling that you can do something
_____ 2. Self-expectancy	B. to believe something will happen
_____ 3. Confidence	C. the day you plan to reach your goal
_____ 4. Preparation	D. what you believe you can do
_____ 5. Target date	E. the work you do to get ready

2 FILL IN THE BLANK

1 Expecting is not _____. Expecting is earned by the work.

2 Instead of "I can't," say "I can't _____."

3 Black Belts say "_____," not "if."

3 THINK ABOUT IT

1 What is the difference between wishing and expecting?

2 Write about a time you did something hard. How can that help you feel confident next time?

3 Grand Master Smith promised himself he would compete until he was 35. What promise could you make to yourself about your Black Belt?

4 TEENS & ADULTS What old "I can't" or "I'm not a ___ person" belief do you carry? Rewrite it using the word "yet."

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

MY BLACK BELT PHOTO

Module 5: Black Belt Photo and Target Date

This week your instructor will take your picture wearing or holding a Black Belt, standing with our school's Black Belts. Your target date goes right on the belt.

Paste your Black Belt photo here (or draw yourself wearing your Black Belt).



My target date for 1st Degree Black Belt _____

My goal beyond that (2nd Degree, Leadership Team, teaching) _____

Where I hung my photo at home _____

Every morning, look at your photo and say: "WHEN I earn my Black Belt..." Never "if."

_____ _____

Student signature Parent signature

5 ACTIVITY: CHANGE IT WITH "YET"

Write three things you cannot do yet. Then rewrite each one the Black Belt way. Example: "I can't do a jump kick" becomes "I can't do a jump kick YET, but I will by practicing every day."

6 HOME CHALLENGE: PREPARE, THEN EXPECT

Every morning this week, say out loud, "I prepared, and I expect a good day." Then do one thing to prepare for something that matters: practice your form, study for a test, or lay out your uniform. Have a parent check each day to earn your attitude stripe.

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	TODAY I PREPARED BY...
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Write a sentence that shows what you expect from yourself. Start with: "I am prepared, so I expect..."

8 LIVE THE CREED

Say the Student Creed out loud every day this week. Then write about one time this week you showed **Courage**.

Student signature

Parent signature

Instructor signature

WEEK 6 · TEST CYCLE 1

WHAT YOU SAY WHEN YOU TALK TO YOURSELF

06

SUCCESS SKILL	PRINCIPLE	KEY WORD
POSITIVE SELF-TALK	INDOMITABLE SPIRIT	CANCEL

> *"If you learn to think positively, your subconscious will go along, even working for you while you sleep."*
>
> — CHUCK NORRIS

LIVE THE CREED *"I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health."*

THE BIG IDEA

The words you say to yourself all day long become the person you are.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ 1. Self-talk	**A.** the instructions that tell a computer, or a brain, what to do
_____ 2. Habit	**B.** the words you say to yourself in your mind or out loud
_____ 3. Program	**C.** a short piece of writing that tells what you think and why
_____ 4. Cancel	**D.** something you do so often that you do it without thinking
_____ 5. Essay	**E.** to stop something and erase it

2 FILL IN THE BLANK

1 Your brain _____ what you tell it.

2 Catch it, cancel it, _____ it.

3 Good self-talk is a habit, just like buckling your _____.

3 THINK ABOUT IT

1 Write down one "I can't" sentence you have said to yourself. Now rewrite it as an "I can" or "I am" sentence.

2 Before a world title fight, Grand Master Smith told himself, "I've worked a long time for it." Then he planned to double his training. What is something you have worked hard for? What will you do next?

3 Where is a good place in your house to put a self-talk card so you see it every day? Why?

4 TEENS & ADULTS Name one "I always" or "I never" statement you make about yourself. How has it affected your choices? Rewrite it.

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

WHY I WILL BE A BLACK BELT

Module 6: Black Belt Essays and Testimonials

Writing is self-talk on paper. Write the first draft of your Black Belt essay: three sentences. Use the word "will," not "want to."

1. Why I will be a Black Belt:

2. Who I am becoming on the way there:

3. What I will do after my Black Belt:

A Testimonial About Me: Ask a parent, teacher or training partner to write a sentence or two about how you have grown.

Written by _____

Student signature _____ Parent signature _____

5 ACTIVITY: CANCEL AND REPLACE

Write three things the "bad voice" says to you. Under each one, cancel it and write a strong Black Belt sentence that says the opposite, as if it is already true.

1.

2.

3.

4.

5.

6.

6 HOME CHALLENGE: MIRROR TALK WEEK

Write one "I am" sentence on a card and tape it to your mirror. Every morning and every night this week, look yourself in the eye and say it out loud three times with energy. Have a parent

check each day to earn your attitude stripe.

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	SAID MY "I AM" CARD IN THE MIRROR (MORNING AND NIGHT)
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Write your own "I am" sentence about the person you are becoming. Make it short, positive and in the present tense.

8 LIVE THE CREED

Say the Student Creed out loud every day this week. Then write about one time this week you showed **Indomitable Spirit**.

Student signature

Parent signature

Instructor signature

WEEK 7 · TEST CYCLE 1

DO IT WITHOUT BEING TOLD 07

SUCCESS SKILL	PRINCIPLE	KEY WORD
NO EXCUSES	PERSEVERANCE	DISCIPLINE

> *"I hated every minute of it. But I said to myself, 'Suffer now, and live the rest of your life as a champion.'"*
>
> — MUHAMMAD ALI

LIVE THE CREED *"I intend to develop self-discipline in order to bring out the best in myself and others."*

THE BIG IDEA

Self-discipline means doing the right thing because you choose to, not because someone makes you.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ 1. Discipline	**A.** a reason you give for why something is not your fault
_____ 2. Self-discipline	**B.** paying attention to what needs to be done and doing it
_____ 3. Excuse	**C.** saying you will do something, and meaning it
_____ 4. Responsibility	**D.** making yourself do the right thing, even when nobody is watching
_____ 5. Promise	**E.** owning your choices and your results

2 FILL IN THE BLANK

1 Grand Master Rhee said discipline has two ingredients: attention and _____.

2 On the Self-Discipline Sheet, you write something you did without being _____.

3 Grand Master Smith trained _____ hours a day for almost 20 years.

3 THINK ABOUT IT

1 What is one thing you did this week without being told? How did it feel?

2 Think of an excuse you have used. How could you say it the No Excuses way: "That's on me. Here's what I'll do next"?

3 What is one 'hard thing' you should do first before you have fun?

4 TEENS & ADULTS What is a promise you made to yourself that you have not kept? What small step will you take this week?

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

PLAN MY "JOURNEY TO BLACK BELT" POSTER

Module 7: Visualization and Goal Posters

Discipline is easier when you can see what you are working for. Plan your poster here, then make it on poster board.

Poster title: _____'s Journey to Black Belt _____

My target date for 1st Degree Black Belt _____

My goal beyond Black Belt _____

Three reasons WHY I will earn my Black Belt:

Two quotes I want on my poster:

- [ ] My photo (or my Black Belt photo)
- [ ] My target date in big letters
- [ ] My reasons why
- [ ] My quotes
- [ ] What comes after Black Belt

Sketch your poster layout here.

Student signature

Parent signature

5 ACTIVITY: LOOK AROUND!

Walk through your home and look for things that need doing. Make a list of five things you could do without being told. Circle the one you will do first.

1.

2.

3.

4.

5.

6 HOME CHALLENGE: MY SELF-DISCIPLINE SHEET

Every day for seven days, do at least one helpful thing at home, school or work WITHOUT being told. Write what you did each day. Ask a parent to initial it to earn your attitude stripe.

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	WHAT I DID WITHOUT BEING TOLD (AND WHERE)
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Write your own self-talk sentence about self-discipline. Start with “I am” and make it positive. Example: I am a person who does the right thing without being told.

8 LIVE THE CREED

Say the Student Creed out loud every day this week. Then write about one time this week you showed **Perseverance**.

Student signature

Parent signature

Instructor signature

COURTESY AND RESPECT

SUCCESS SKILL	PRINCIPLE	KEY WORD
POSITIVE RESPECT	**COURTESY**	**RESPECT**

> *"Respect begins the first time a martial arts student steps into a dojo and bows to his instructor."*
>
> — CHUCK NORRIS

LIVE THE CREED *"I intend to use what I learn in class constructively and defensively, and never be abusive or offensive."*

THE BIG IDEA

Respect is how you treat people, especially the ones who can't do anything for you.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ 1. Courtesy	**A.** someone you compete against for the same goal
_____ 2. Respect	**B.** good manners; being polite in how you talk and act
_____ 3. Rival	**C.** a ceremony where students receive their new rank
_____ 4. Control	**D.** treating people like they matter, because they do
_____ 5. Graduation	**E.** using only as much power as you need, so no one gets hurt

2 FILL IN THE BLANK

1 Grand Master Rhee created foam pads to cover the two fists and the two _____.

2 The real test of respect is how you treat people who can't do anything for _____.

3 Grand Master Smith said his rival was "a pretty good _____."

3 THINK ABOUT IT

1 What does a bow say to the person you bow to?

2 Write down the words of respect we use at Mile High Karate. Which one is easiest for you? Which one do you forget most?

3 Who helped you earn your last belt? How can you thank them?

4 TEENS & ADULTS Respect includes respecting yourself. What habit are you keeping that does not respect the person you are becoming? What will you do instead?

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

LOOK BACK, LOOK AHEAD

Module 8: Graduation and Black Belt and Beyond

Graduation week! With your family, write one thing going well and one thing to work on in each area. Then check your Black Belt Guarantee and set your next goal.

HOME: Doing well with... _____

HOME: Needs improvement in... _____

SCHOOL / WORK: Doing well with... _____

SCHOOL / WORK: Needs improvement in... _____

KARATE: Doing well with... _____

KARATE: Needs improvement in... _____

My Black Belt Guarantee: check each one you will keep doing.

- ☐ I show up 2 or 3 times every week until I pass my test.
- ☐ I have really set my goal, in writing, with a date.
- ☐ I picture myself as a Black Belt every day.
- ☐ Parents: we keep bringing our student 2 or 3 times a week.
- ☐ I ask my instructors what I can do to improve.
- ☐ I keep my desire strong: I meet Black Belts, watch them train and enjoy myself.

My next belt and test date _____

My 1st Degree Black Belt date _____

My goal BEYOND Black Belt (2nd Degree, Leadership Team, teaching) _____

_____ Student signature

_____ Parent signature

5 ACTIVITY: MY RESPECT MAP

Draw yourself in the middle of the box. Around you, draw or write five people you see every week (a parent, a teacher, a classmate, a coach, a neighbor, a store clerk). Next to each person, write one way you will show them respect this week.

6 HOME CHALLENGE: THE WORDS OF RESPECT WEEK

Every day for seven days, use the words of respect at home without being reminded: “yes, sir,” “yes, ma’am,” “please,” “thank you” and “you’re welcome.” Also thank one person each day who helps you. A parent checks the box each night to earn your attitude stripe.

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	WHO I THANKED TODAY
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Write your own “I am” sentence about respect. Use words you would really say. Example: I am respectful to every person I meet.

8 LIVE THE CREED

Say the Student Creed out loud every day this week. Then write about one time this week you showed **Courtesy**.

Student signature

Parent signature

Instructor signature

WEEK 9 · TEST CYCLE 2

KNOW YOURSELF 09

SUCCESS SKILL	PRINCIPLE	KEY WORD
GOAL ATTAINMENT & POSITIVE SELF-EXPECTANCY	MODESTY	MIRROR

> *"Knowledge in the martial arts ultimately means self-knowledge."*
>
> — BRUCE LEE

LIVE THE CREED *"I develop myself physically and mentally, based on the MILE HIGH KARATE SPIRIT."*

THE BIG IDEA

Knowing your strengths and weaknesses is where every improvement starts.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ **1. Self-awareness**	**A.** something you need to get better at
_____ **2. Strength**	**B.** knowing yourself clearly: your strengths, weaknesses and feelings
_____ **3. Weakness**	**C.** something that happens the same way again and again
_____ **4. Correction**	**D.** something you are good at
_____ **5. Pattern**	**E.** when a teacher shows you how to fix a mistake

2 FILL IN THE BLANK

1 A weakness you know about is a weakness you can _____.

2 A Black Belt keeps a clean _____ and sees themselves clearly.

3 A goal you look at again and again is a _____.

3 THINK ABOUT IT

1 Why is it a good thing when your instructor corrects you?

2 Look at your Black Belt goal. Are you on track? What is one thing you need to fix to stay on track?

3 Who is someone better than you at something you want to learn? What could you learn from them?

4 TEENS & ADULTS Describe a pattern in your day (a time you get tired, grumpy or distracted). What is one change that could fix it?

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

HOLD YOUR GOAL UP TO THE MIRROR

Module A: Goal Setting (SMART Goals), revisited

You set a Black Belt goal before. Now look at it with a clean mirror. Keep your date or move it sooner, check your action plan honestly, and sign your commitment again.

The 1st Degree Black Belt date I set before _____

My 1st Degree Black Belt date today (same or sooner) _____

My 2nd Degree Black Belt goal date _____

Check each part of your action plan that you are doing right now. Be honest. A weakness you know about is a weakness you can fix.

- ☐ I train 2–3 times every week.
- ☐ I am on track to test about every 2 months, with 16 or more classes.
- ☐ I practice at home 15–30 minutes a day.
- ☐ I learn my material on my own as much as I can.
- ☐ I eat well, sleep well and stay active.

The one part of my action plan I will fix this week, and how

_____

_____

Personal Commitment: I pledge to do whatever it takes to achieve my goal, for the betterment of myself and those around me.

_____ _____

Student signature Parent signature

5 ACTIVITY: MY CLEAN MIRROR

Draw a mirror. On one side of it, write three things you do well. On the other side, write three things you want to get better at, in karate, school, work or at home.

6 HOME CHALLENGE: NIGHTLY MIRROR CHECK

Every night this week, write one thing that went well today and one thing you will fix tomorrow. The next day, do the fix. Check the box on each day you did yesterday's fix. Have a parent initial the week.

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	WENT WELL / MY FIX FOR TOMORROW
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Write a self-talk sentence about one of your strengths and one thing you are working on. Example: "My kicks are strong, and my form gets better every day."

8 LIVE THE CREED

Say the Student Creed out loud every day this week. Then write about one time this week you showed **Modesty**.

Student signature

Parent signature

Instructor signature

THE FIRE INSIDE

SUCCESS SKILL	PRINCIPLE	KEY WORD
DEFINITE COMMITMENT	INDOMITABLE SPIRIT	FIRE

> *"Champions aren't made in gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision."*
>
> — MUHAMMAD ALI

LIVE THE CREED *"I intend to develop self-discipline in order to bring out the best in myself and others."*

THE BIG IDEA

The strongest push to do great things comes from inside you, not from someone else.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ 1. Motivation	**A.** the "why" behind what you do
_____ 2. Self-motivation	**B.** the reason or push that makes you want to act
_____ 3. Motive	**C.** a leader in charge of part of a college
_____ 4. Commitment	**D.** a push that comes from inside you
_____ 5. Dean	**E.** a promise to keep going until you reach your goal

2 FILL IN THE BLANK

1 Outside motivation is like a match. Inside motivation is like a _____.

2 Motivation often shows up _____ you begin, not before.

3 "Maybe" means _____. Almost every time.

3 THINK ABOUT IT

1 Grand Master Smith wanted to join a karate club that was only for college students. What did he do? What would you have done?

2 What is the difference between being interested and being committed?

3 Think of a day when you did not feel like going to class. What could help you go anyway?

4 TEENS & ADULTS Where in your life are you still saying "maybe"? What would change if you decided for sure?

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

COMMITMENT CHECK

Module B: Commitment, revisited

Interested people do what is easy. Committed people do what it takes. Rate yourself honestly, pick one fix, and decide for sure.

> *The moment one definitely commits oneself, then providence moves too.*
>
> W. H. MURRAY, THE SCOTTISH HIMALAYAN EXPEDITION

Circle a number from 1 (not yet) to 10 (Black Belt level) for each one.

Circle a number: 1 = needs a lot of work, 10 = Black Belt level.

I come to class 2–3 times every week	1	2	3	4	5	6	7	8	9	10
I practice at home 15–30 minutes a day	1	2	3	4	5	6	7	8	9	10
I give my best effort in class	1	2	3	4	5	6	7	8	9	10
I finish my workbook goal-step pages	1	2	3	4	5	6	7	8	9	10

My lowest number was ____. My one fix for the next two weeks is

_____

_____

I have decided. The date I will earn my 1st Degree Black Belt is _____

And the date I will earn my 2nd Degree Black Belt is _____

_____ _____

Student signature Parent signature

5 ACTIVITY: BUILD YOUR FIRE

Draw a campfire. On each log, write one reason WHY you want to earn your Black Belt. The more logs (reasons) you add, the bigger your fire can grow!

6 HOME CHALLENGE: START ON TIME

Pick one set time for home practice every day this week. Start within five minutes of that time, without anyone reminding you. Practice at least 15 minutes. Write the time you started each day. A parent signs at the end of the week.

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	TIME I STARTED (NO REMINDER NEEDED)
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Write your own "fire" sentence. Start with: "I have decided. I train because I want to..."

8 LIVE THE CREED

Say the Student Creed out loud every day this week. Then write about one time this week you showed **Indomitable Spirit.**

Student signature

Parent signature

Instructor signature

AN ACTION IS WORTH A THOUSAND PICTURES

SUCCESS SKILL	PRINCIPLE	KEY WORD
UNSHAKABLE CHARACTER & PERSONAL HONESTY	INTEGRITY	ACTION

> *"A picture is worth a thousand words; an action is worth a thousand pictures."*
> — GRAND MASTER JHOON RHEE

LIVE THE CREED *"I intend to develop self-discipline in order to bring out the best in myself and others."*

THE BIG IDEA
People believe what you do much more than what you say.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ 1. Integrity	**A.** a group that raises money to help people
_____ 2. Example	**B.** when your actions match your words
_____ 3. Foundation	**C.** to give someone the wish to do something good
_____ 4. Community	**D.** a person or action that others can copy
_____ 5. Inspire	**E.** the people who live, work, and go to school around you

2 FILL IN THE BLANK

1 A picture is worth a thousand words; an action is worth a thousand _____.

2 Grand Master Rhee said the most important rule for parents and teachers was "Lead by _____."

3 Chuck Norris said, "No, no, no. That was the _____. You have to do it."

3 THINK ABOUT IT

1 What are the three kinds of people Grand Master Rhee talked about? Which kind do you want to be?

2 What does integrity mean? Give one example from your own life.

3 Why do you think Grand Master Oliver kept his word and went on the TV show, even though he didn't want to be a TV star?

4 TEENS & ADULTS Who watches what you do every day? What are your actions teaching them?

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

INTERVIEW A BLACK BELT

Module 3: Black Belt Stories, revisited

Many Black Belts once wanted to quit. Find out what they said to themselves and what they did, then copy one of their actions this week.

Black Belt I interviewed _____

How long they have trained _____

What did you say to yourself when you wanted to quit?

What action did you take that kept you going?

The one action I will copy this week

Parent: write one sentence about a time your child's actions matched their words

Student signature

Parent signature

5 ACTIVITY: MAKE THINGS HAPPEN

List three things at home, at school, or at work that need to be done but that nobody has asked you to do. Next to each one, write the day you will do it. Then do them, and check them off.

1.

2.

3.

4.

5.

6.

6 HOME CHALLENGE: PROMISE KEEPER WEEK

For one week, write down every promise you make, big or small. Each night, check the box if you kept every promise you made that day. A parent signs at the end of the week.

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	I KEPT EVERY PROMISE I MADE TODAY
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Write an "I am" sentence about keeping your word. Start with: "I am a person who..."

8 LIVE THE CREED

Say the Student Creed out loud every day this week. Then write about one time this week you showed **Integrity**.

Student signature

Parent signature

Instructor signature

LIKE WHO YOU ARE

SUCCESS SKILL	PRINCIPLE	KEY WORD
TOTAL SELF-CONFIDENCE	MODESTY	EARN

> *"Showing off is the fool's idea of glory."*
>
> — BRUCE LEE

LIVE THE CREED *"I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health."*

THE BIG IDEA

Real self-esteem comes from what you earn, not from comparing yourself to others.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ 1. Self-esteem	**A.** to look at two things to see how they are alike or different
_____ 2. Earn	**B.** liking and respecting who you are
_____ 3. Compare	**C.** believing you can do something because you have proof
_____ 4. Humble	**D.** to get something because you worked for it
_____ 5. Confidence	**E.** not bragging or showing off, even when you are good at something

2 FILL IN THE BLANK

1 Rank is earned, never _____.

2 A Black Belt compares only one person: you today versus you _____.

3 Total self-confidence is not something you are born with. It is built from _____.

3 THINK ABOUT IT

1 Why do you think nobody would trade what they gained on the way to Black Belt for a million dollars?

2 What is the difference between bragging and real self-esteem?

3 Name something you can do now that you could not do three months ago.

4 TEENS & ADULTS Whose "ruler" do you sometimes use to measure yourself? What would your own ruler measure instead?

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

SEE YOURSELF AS A BLACK BELT, IN "I AM" WORDS

Module 4: Visualization Worksheet, revisited

Self-motivation arrives through visualization. Draw the Black Belt you are becoming, then describe that person with "I am" statements.

The date I will earn my 1st Degree Black Belt _____

The date I will earn my 2nd Degree Black Belt _____

Draw yourself as a Black Belt, or paste a photo of your face on a Black Belt picture.



Six "I am" statements about me as a Black Belt (example: I am focused. I am kind to new students.)

Parents: how I see my child as a Black Belt (write four)

What has changed since the last time I pictured myself as a Black Belt?

Student signature

Parent signature

5 ACTIVITY: ME THEN, ME NOW

Draw two pictures of yourself. On one side, draw or write what you could do when you started. On the other side, draw or write what you can do now. Under them, write one sentence about how you feel about your progress.

6 HOME CHALLENGE: EARN IT EVERY DAY

Every day this week, finish one hard thing you could have skipped: extra practice, a chore done without help, homework finished before play. Write what you earned. A parent signs at the end of the week.

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	TODAY I EARNED...
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Write a self-talk sentence that shows you like who you are and who you are becoming. Start with: “I am...”

8 LIVE THE CREED

Say the Student Creed out loud every day this week. Then write about one time this week you showed **Modesty**.

Student signature

Parent signature

Instructor signature

WEEK 13 · TEST CYCLE 2

WALK LIKE A BLACK BELT 13

SUCCESS SKILL	PRINCIPLE	KEY WORD
VISUALIZATION	COURAGE	PICTURE

> *"He who is not courageous enough to take risks will accomplish nothing in life."*
> — MUHAMMAD ALI

LIVE THE CREED *"I develop myself physically and mentally, based on the MILE HIGH KARATE SPIRIT."*

THE BIG IDEA
How you stand, look and speak tells the world who you are before you say a word.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ 1. Self-projection	**A.** sure of yourself in a calm, quiet way
_____ 2. Visualization	**B.** what the way you stand, look and speak tells others about you
_____ 3. Confident	**C.** the way you hold your body when you stand, sit or walk
_____ 4. Cocky	**D.** making a clear picture in your mind of something before you do it
_____ 5. Posture	**E.** bragging or acting better than others

2 FILL IN THE BLANK

1 The Four Laws of Concentration are focus your eyes, your ears, your mind and your _____ .

2 In the ABCs, the C stands for communicate with _____ .

3 Your mind practices the picture. Then your body follows the _____ .

3 THINK ABOUT IT

1 How do you feel when you slump? How do you feel when you stand tall?

2 Close your eyes and picture your Black Belt day. What do you see? Who is there?

3 Grand Master Smith said his opponent was "a pretty good person." Why is it strong to say something nice about someone you compete against?

4 TEENS & ADULTS Where in your life (school, work, meetings) could better posture, eye contact or voice make a difference? What will you picture before that moment?

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

MY NEW BLACK BELT PHOTO

Module 5 (revisited): Black Belt Photo and Target Date

Take a new photo with the Black Belts and say your target date out loud. Compare it with any earlier photo you have.

Paste my NEW photo with the Black Belts here

My target date for 1st Degree Black Belt _____

I said my date out loud on (date) _____

Who heard me say it _____

When I compare my new photo to an older one, here is what has changed (how I stand, my eyes, my smile):

After my Black Belt, I picture myself doing this (Second Degree, Leadership Team, teaching):

Student signature

Parent signature

5 ACTIVITY: DRAW A BLACK BELT WALKING IN

Draw yourself walking into a room like a Black Belt. Show your head up, shoulders back and a smile. Label your eyes, voice and posture.

6 HOME CHALLENGE: EYES, VOICE, HAND + PICTURE IT

Every day for one week, greet one person with eye contact, a clear voice and a firm handshake (or a polite wave), and say their name. Then, before bed, close your eyes for one minute and picture your Black Belt walk. A parent initials each day. A completed, signed week earns an attitude stripe.

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	WHO I GREETED + I PICTURED MY BLACK BELT WALK
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Write an “I am” sentence about how you carry yourself. Example: I am standing tall and looking people in the eye.

8 LIVE THE CREED

Say the Student Creed out loud every day this week. Then write about one time this week you showed **Courage**.

Student signature

Parent signature

Instructor signature

YOU ARE IN CHARGE OF YOU

SUCCESS SKILL	PRINCIPLE	KEY WORD
POSITIVE SELF-TALK	**COURTESY**	**CHOOSE**

> *"Under pressure you need to slow down, control your thoughts, and control your movements."*
>
> — CHUCK NORRIS

LIVE THE CREED *"I intend to use what I learn in class constructively and defensively, and never be abusive or offensive."*

THE BIG IDEA

You can't control everything that happens, but you can always control how you respond.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ 1. Self-control	**A.** what you do after something happens
_____ 2. Self-talk	**B.** being the boss of your feelings and actions
_____ 3. Response	**C.** someone who points out what is wrong
_____ 4. Emotions	**D.** the words you say to yourself in your head
_____ 5. Critic	**E.** feelings, like happy, sad, mad or scared

2 FILL IN THE BLANK

1 A mighty person is one who has control over their _____.

2 The ABCs are Avoid, _____, and Communicate with confidence.

3 Black Belts make the voice in their head a coach, not a _____.

3 THINK ABOUT IT

1 In Grand Master Smith's 1974 world title fight, how did self-control make a difference?

2 Think of a time a feeling was the boss of you. What did the voice in your head say? What could it say next time?

3 What are the three steps: Catch it, ____ it, ____ it? Give an example.

4 TEENS & ADULTS Where in your life do your feelings most often make the decision for you? What calm sentence will you say to yourself there?

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

MY BLACK BELT ESSAY

Module 6 (revisited): Black Belt Essays, Performances and Testimonials

Writing is self-talk on paper. Answer each question in your own words using "I am" and "I will." Then read your essay out loud to your family.

1. What has karate done for me so far?

2. Why I WILL be a Black Belt:

3. What I will do after I earn my Black Belt (Second Degree, Leadership Team, teaching, school, family):

A family member or teacher writes one or two sentences about how I have grown:

- ☐ I read my essay out loud to my family.
- ☐ I turned in my essay to my instructor.
- ☐ I am willing to read it to the class.

Student signature

Parent signature

5 ACTIVITY: CATCH, CANCEL, CHANGE

Write three things the angry or negative voice says to you. Next to each one, write "Cancel!" and then the calm, strong sentence you will say instead.

1.

2.

3.

4.

5.

6.

6 HOME CHALLENGE: PAUSE BUTTON WEEK

Each day, catch one moment when you feel mad, frustrated or impatient. Press your pause button: take one slow breath, say "Cancel!" to the angry thought, and choose a Black Belt response. Write the calm sentence you used. A parent initials each day. A completed, signed week earns an attitude stripe.

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	THE CALM SENTENCE I USED TODAY
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Write an "I am" sentence you can say to yourself when you start to feel upset. Example: I am calm, and I am in charge.

8 LIVE THE CREED

Say the Student Creed out loud every day this week. Then write about one time this week you showed **Courtesy**.

Student signature

Parent signature

Instructor signature

WEEK 15 · TEST CYCLE 2

SMALL STEPS, EVERY DAY 15

SUCCESS SKILL	PRINCIPLE	KEY WORD
NO EXCUSES	PERSEVERANCE	STREAK

> *"Do it. Then do it again, and when you think you've learned it all, do it all again from a slightly different angle."*
>
> — CHUCK NORRIS

LIVE THE CREED *"I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health."*

THE BIG IDEA

Big results come from small things you do every day, until they become habits.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ 1. Habit	**A.** owning your choices and your results
_____ 2. Excuse	**B.** something you do so often that you do it without thinking
_____ 3. Responsibility	**C.** doing something many days in a row
_____ 4. Stepping stone	**D.** a reason you give for not doing something, often to blame someone else
_____ 5. Streak	**E.** a small step that helps you reach a bigger goal

2 FILL IN THE BLANK

1 Good habits are hard to make but _____ to live with.

2 Black Belts take 100% _____ for their own results.

3 If you miss a day, never miss _____ .

3 THINK ABOUT IT

1 What is one good habit you already have? How did you learn it?

2 What excuse do you use most often? What could you say instead?

3 If you did 10 push-ups a day for a year, how many would you do? Why do small steps add up?

4 TEENS & ADULTS What habit have you tried to change all at once? What is a smaller first step, and what excuse will you need to watch out for?

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

PLAN MY JOURNEY TO BLACK BELT POSTER

Module 7 (revisited): Visualization and Goal Posters

Plan your poster here, then build it at home. Add your Black Belt self-talk and your daily small steps.

My poster title (example: Sam's Journey to Black Belt) _____

My target date for 1st Degree Black Belt _____

My goal after Black Belt _____

My 3 strongest "I am" sentences for my poster:

- [ ] I train ___ times per week.
- [ ] I practice at home ___ minutes a day.
- [ ] My current challenge: Reading / Healthy Eating / Self-Discipline
- [ ] My Black Belt photo is on my poster.
- [ ] My reasons WHY are on my poster.
- [ ] My poster is hanging where I see it every morning.

Sketch my poster here

Student signature

Parent signature

5 ACTIVITY: MY EXCUSE BUSTERS

Write the three excuses you hear yourself use most. Next to each one, write a No Excuses answer. Example: "I'm too tired" becomes "I'll do five minutes. Five is better than zero."

1.

2.

3.

4.

5.

6.

6 HOME CHALLENGE: BUILD A STREAK, NO EXCUSES

Pick ONE small daily step: read 15–20 minutes (Reading Challenge), make one smart food choice and write what you passed on (Healthy Eating Challenge), or do one helpful act without being asked (Self-Discipline Challenge). Do it every day for one week. Write what you did. A parent initials each day. A completed, signed week earns an attitude stripe.

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	MY SMALL STEP TODAY (WHAT I READ / CHOSE / DID)
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Write an “I am” sentence about small steps and owning your results. Example: I am responsible for my results. No excuses.

8 LIVE THE CREED

Say the Student Creed out loud every day this week. Then write about one time this week you showed **Perseverance**.

Student signature

Parent signature

Instructor signature

THE BLACK BELT IS A BEGINNING 16

SUCCESS SKILL	PRINCIPLE	KEY WORD
ALL EIGHT TOGETHER (BLACK BELT AND BEYOND)	ALL SIX PRINCIPLES	BEYOND

> *"Learning is a constant process of discovery, a process without end."*
> — BRUCE LEE

LIVE THE CREED *All four lines of the Student Creed*

THE BIG IDEA
A Black Belt is not the end of the road. It is where the real journey starts.

1 WORDS TO KNOW: MATCH IT

Write the letter of the meaning on the line next to each word.

_____ 1. Retreat	**A.** a habit of mind that helps you reach your goals
_____ 2. Degree	**B.** a special trip away from home to train, learn, and test
_____ 3. Success Skill	**C.** lasting for your whole life
_____ 4. Leadership	**D.** a level of Black Belt, like First Degree or Second Degree
_____ 5. Lifelong	**E.** guiding and helping other people do their best

2 FILL IN THE BLANK

1 The Black Belt is not a finish line. It is a starting _____.

2 Grand Master Rhee taught that a brown belt's goal should already be _____ Degree Black Belt.

3 Grand Master Smith says, "You don't go to college to drop out as a _____."

3 THINK ABOUT IT

1 Why did so many new Black Belts at the Jhoon Rhee Institute quit after about 60 days?

2 Which of the eight Success Skills is your strongest? Which one do you most want to grow?

3 What are the three stages of the Leadership Team? Which one sounds most exciting to you?

4 TEENS & ADULTS What is a goal in your life that you should extend one step past the finish line?

4 · BLACK BELT AND BEYOND · THIS WEEK'S GOAL STEP

MY BLACK BELT SELF-TALK SCRIPT AND MY GOAL BEYOND BLACK BELT

Module 8: Graduation and Black Belt and Beyond

Write one "I am" sentence for each Success Skill. Keep each one present tense, positive, specific and about you. Then write your goal beyond Black Belt.

1. Goal Attainment & Self-Expectancy — I am (ex: I am earning my Black Belt by ____.) _____

2. Definite Commitment — I am (ex: I am committed. Maybe means no.) _____

3. Character & Personal Honesty — I am (ex: I am honest, and I own my actions.) _____

4. Visualization — I am (ex: I am seeing my Black Belt day every night.) _____

5. Total Self-Confidence — I am (ex: I am able to do what I work for.) _____

6. Positive Self-Talk — I am (ex: I am my own best coach.) _____

7. No Excuses — I am (ex: I am responsible for my results.) _____

8. Positive Respect — I am (ex: I am respectful to others and to myself.) _____

My Goal Beyond Black Belt

My target date for 1st Degree Black Belt _____

My target date for 2nd Degree Black Belt (about 30 months after 1st Degree) _____

- ☐ Join the Black Belt Club
- ☐ Join the Leadership Team
- ☐ Become an assistant instructor
- ☐ Teach a newer student what I know
- ☐ Come to the Black Belt Extravaganza every year

After my Black Belt, the person I am becoming is:

_____

_____

_____

_____ Student signature

_____ Parent signature

_____ Instructor signature

5 ACTIVITY: MY GOAL LADDER

Draw a ladder with five steps. On the bottom step, write the belt you have now. On the next step, write your next belt. Keep going up until you reach Black Belt. Then add one more step

above Black Belt and write what comes next for you (Second Degree, Leadership Team, assistant instructor, or teacher).

6 HOME CHALLENGE: READ MY SCRIPT OUT LOUD

Finish your Black Belt Self-Talk Script on the next page. Every day for one week, read it out loud, standing tall, in a strong voice (a mirror works great). Then keep going for 30 days. A parent initials each day. A completed, signed week earns an attitude stripe.

Do it 7 days in a row. When every day is checked and a parent signs below, turn this page in for an attitude stripe.

DAY	DONE	I READ MY BLACK BELT SELF-TALK SCRIPT OUT LOUD
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

7 MY SELF-TALK

Pick the strongest sentence from your Black Belt Self-Talk Script and write it here. This is the one you will say at the Winner's Circle.

8 LIVE THE CREED

Say the whole Student Creed and all six Principles of the Black Belt out loud. Then write which Principle you will work on most after graduation, and why.

Student signature

Parent signature

Instructor signature

BUILDING SUCCESSFUL KIDS™ · ATTITUDE STRIPE SHEET

SELF-DISCIPLINE CHALLENGE

SMALL ACTIONS. DAILY REPS. UNCOMMON RESULTS.

FIRST NAME _____ LAST NAME _____ AGE _____ RANK _____

Each time you step up at home, at school, at work or in your community **without being asked**, write it down. Go beyond your normal jobs. Take the first step yourself. Finish 5 acts in a section to earn an attitude stripe. This sheet is worth 3 stripes.

STRIPE 1 — 5 ENTRIES

#	WHAT I DID WITHOUT BEING ASKED	WHERE	DATE	VERIFIED
1				☐
2				☐
3				☐
4				☐
5				☐

✔ **Complete this section to earn your attitude stripe!**

Student _____ Parent / guardian _____ Instructor _____ Date _____

STRIPE 2 — 5 ENTRIES

#	WHAT I DID WITHOUT BEING ASKED	WHERE	DATE	VERIFIED
6				☐
7				☐
8				☐
9				☐
10				☐

✔ **Complete this section to earn your attitude stripe!**

Student	Parent / guardian	Instructor	Date

STRIPE 3 — 5 ENTRIES

#	WHAT I DID WITHOUT BEING ASKED	WHERE	DATE	VERIFIED
11				☐
12				☐
13				☐
14				☐
15				☐

✔ **Complete this section to earn your attitude stripe!**

Student	Parent / guardian	Instructor	Date

BUILDING SUCCESSFUL KIDS™ · ATTITUDE STRIPE SHEET

READING CHALLENGE

READING BUILDS THE MIND OF A CHAMPION.

FIRST NAME _____ LAST NAME _____ AGE _____ RANK _____

Read at home for 15 to 20 minutes each time and log it below. Young readers may read with a parent. Books about martial arts, biographies of athletes and leaders, goal setting, health and fitness, or any book that builds your mind all count. Adults: business, leadership and self-improvement books count too. Finish 5 sessions in a section to earn an attitude stripe. This sheet is worth 3 stripes.

STRIPE 1 — 5 ENTRIES

#	TITLE / WHAT I READ	MINUTES	DATE	VERIFIED
1				☐
2				☐
3				☐
4				☐
5				☐

✔ Complete this section to earn your attitude stripe!

Student _____ Parent / guardian _____ Instructor _____ Date _____

STRIPE 2 — 5 ENTRIES

#	TITLE / WHAT I READ	MINUTES	DATE	VERIFIED
6				☐
7				☐
8				☐
9				☐
10				☐

✔ Complete this section to earn your attitude stripe!

Student _____ Parent / guardian _____ Instructor _____ Date _____

STRIPE 3 — 5 ENTRIES

#	TITLE / WHAT I READ	MINUTES	DATE	VERIFIED
11				☐
12				☐
13				☐
14				☐
15				☐

✔ Complete this section to earn your attitude stripe!

Student _____ Parent / guardian _____ Instructor _____ Date _____

BUILDING SUCCESSFUL KIDS™ · ATTITUDE STRIPE SHEET

HEALTHY EATING CHALLENGE

YOU CAN'T OUT-TRAIN A BAD DIET. FOOD IS FUEL.

FIRST NAME _____ LAST NAME _____ AGE _____ RANK _____

Each time you make a smart food choice on your own, write down what you chose **and** what you passed on. Own the decision. Ideas: water instead of soda, fruit instead of candy, a real breakfast instead of skipping it, a home meal instead of fast food. Log 10 smart choices in a section to earn an attitude stripe. This sheet is worth 2 stripes.

STRIPE 1 — 10 ENTRIES

#	I CHOSE	INSTEAD OF	DATE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

✔ **Complete this section to earn your attitude stripe!**

Student _____ Parent / guardian _____ Instructor _____ Date _____

STRIPE 2 — 10 ENTRIES

#	I CHOSE	INSTEAD OF	DATE
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

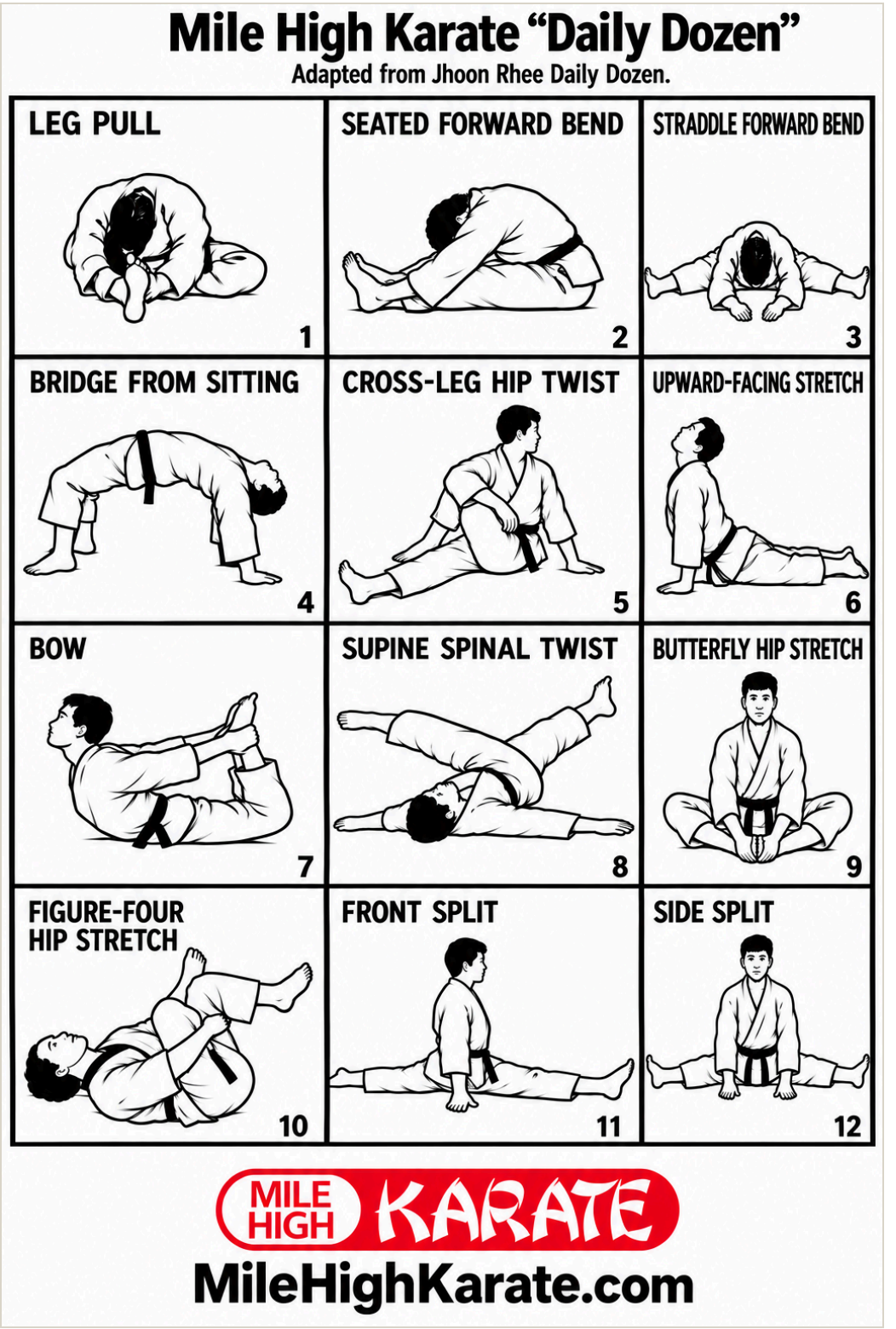
✔ **Complete this section to earn your attitude stripe!**

Student	Parent / guardian	Instructor	Date

PRACTICE RESOURCES

THE DAILY DOZEN

Twelve stretches to do every day, adapted from the Jhoon Rhee Daily Dozen. Hold each one for a slow count of ten and breathe. Never bounce, and stop if anything hurts.



COUNT KICK PRACTICE

Practice each kick slowly, one count at a time, then faster. Return to your guard stance after every kick.



MILE HIGH KARATE®

Certificate of Completion

This certifies that

_____

has completed all sixteen weeks of *The Black Belt Mindset*, has set the goal of Black Belt and beyond, and has shown the attitude, habits and character of a future Black Belt.

_____ _____

Instructor Date

GRAND MASTER STEPHEN OLIVER & GRAND MASTER JEFF SMITH

FOR INSTRUCTORS

INSTRUCTOR GUIDE

Running the 16-week Black Belt Mindset curriculum.

THE WEEKLY RHYTHM

- **Open every class with the Student Creed** and the six Principles of the Black Belt. Each week names one creed line and one Principle to point out and praise.
- **Line-up lesson (2 to 3 minutes).** Students kneel or sit in rows. Read the script or say it in your own words. Close with the call and response.
- **Call and response all week.** Use it as a class-control cue every class that week.
- **Key Word on the whiteboard.** Use it every time you praise a student.
- **Build the Mat Drill into class** so the lesson is practiced, not just heard.
- **Announce the Home Challenge.** A completed, parent-signed challenge earns an attitude stripe.
- **Run the Black Belt and Beyond goal step.** Every week names a goal-setting module, the test-cycle checkpoint and three instructor actions. Cycle 1 introduces each piece; Cycle 2 revisits and deepens it.
- **Send the Parent Tip** in your weekly parent email or text, and use it in adult classes.

TEST-CYCLE CHECKPOINTS

- **Weeks 1 & 9** Progress Update about 2 months (16 classes) before graduation.
- **Weeks 4 & 12** Progress Update about 1 month (8 classes) before graduation.
- **Weeks 7 & 15** Progress Update 2 weeks before graduation.
- **Weeks 8 & 16** Belt graduation, and the Black Belt and Beyond invitation for qualified students.

If your test cycle is not 8 weeks, keep the lessons in order and slide the goal modules to match your checkpoints. After Week 16 the curriculum restarts at Week 1. Students who join mid-cycle start with the current week.

SIXTEEN WEEKS AT A GLANCE

WK	LESSON	SUCCESS SKILL	PRINCIPLE	KEY WORD	GOAL MODULE
1	**Aim Before You Kick**	Goal Attainment & Positive Self-Expectancy	Perseverance	TARGET	Module A: Goal Setting Process (SMART Goals)
2	**Never Quit**	Definite Commitment	Indomitable Spirit	COMMIT	Module B: Commitment

3	**Knowledge, Honesty, Strength**	Unshakable Character & Personal Honesty	Integrity	HONEST	Module 3: Black Belt Stories
4	**See the Black Belt in the Mirror**	Visualization	Courage	SEE	Module 4: Visualization Worksheet
5	**Expect Good Things**	Total Self-Confidence	Courage	EXPECT	Module 5: Black Belts: Photos and Target Date
6	**What You Say When You Talk to Yourself**	Positive Self-Talk	Indomitable Spirit	CANCEL	Module 6: Black Belt Essays, Performances and Testimonials
7	**Do It Without Being Told**	No Excuses	Perseverance	DISCIPLINE	Module 7: Visualization and Goal Posters
8	**Courtesy and Respect**	Positive Respect	Courtesy	RESPECT	Module 8: Graduation and the Black Belt and Beyond Invitation
9	**Know Yourself**	Goal Attainment & Positive Self-Expectancy	Modesty	MIRROR	Module A: Goal Setting Process (SMART Goals), revisited
10	**The Fire Inside**	Definite Commitment	Indomitable Spirit	FIRE	Module B: Commitment, revisited
11	**An Action Is Worth a Thousand Pictures**	Unshakable Character & Personal Honesty	Integrity	ACTION	Module 3: Black Belt Stories, revisited
12	**Like Who You Are**	Total Self-Confidence	Modesty	EARN	Module 4: Visualization Worksheet, revisited
13	**Walk Like a Black Belt**	Visualization	Courage	PICTURE	Module 5 (revisited): Black Belts: Photos and Target Date
14	**You Are in Charge of You**	Positive Self-Talk	Courtesy	CHOOSE	Module 6 (revisited): Black Belt Essays, Performances and Testimonials
15	**Small Steps, Every Day**	No Excuses	Perseverance	STREAK	Module 7 (revisited): Visualization and Goal Posters
16	**The Black Belt Is a Beginning**	All Eight Together (Black Belt and Beyond)	All six Principles	BEYOND	Module 8: Graduation and the Black Belt and Beyond Invitation

AIM BEFORE YOU KICK 01

BIG IDEA *Pick a clear goal, write it down, and take a step toward it every day.*

LIVE THE CREED "I develop myself physically and mentally, based on the MILE HIGH KARATE SPIRIT." **PRINCIPLE** Perseverance

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, eyes on me. Before you throw a kick, where do you look? (At the target!) Right. If you kick without looking, you might hit the wall. You might even hit me! Every good martial artist aims first. Life works the same way. If you don't know where you're going, you'll end up somewhere, but maybe not somewhere you want to be. Grand Master Oliver has watched more than 1,000 students earn their Black Belts. Every one of them had something in common. They set the goal at white belt. Not someday. Not maybe. There are only two choices: train a little while and stop, or become a Black Belt. And 'maybe' means no. So this week, you are going to aim at the biggest target in this school, your Black Belt. And here's the secret: when we break a board, we don't aim at the board. We aim past it, so our power goes all the way through. Goals work the same way. Your target is your Black Belt. Your aim past the target is your 2nd Degree, the Leadership Team, maybe even teaching this class one day. That's why we say Black Belt and beyond. This week, take your SMART Goal Worksheet home. Sit down with your family. Write your Black Belt date. Write your 2nd Degree date. Sign it, and bring it back. And every time you talk about your Black Belt, say 'when,' never 'if.' So, where are you going?

INSTRUCTOR **WHERE ARE YOU GOING?**
STUDENTS **BLACK BELT AND BEYOND!**
KEY WORD **TARGET**

MAT DRILL Aim Past It: hold kicking targets and have students strike while focusing on a spot six inches behind the pad. Before each strike, the student calls out their goal ("Black Belt!"). Finish with each student saying their Black Belt goal to a partner using the word "when."

HOME CHALLENGE **Say It Every Day.** Every day this week, say your Black Belt goal out loud to someone (a parent, a friend, a teacher, a grandparent). Use the word "when," not "if." Then do one thing that day to train for it: practice a form, stretch, or do your karate homework. Write who you told and what you did. (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: say "when you get your Black Belt," never "if." Post the goal dates on the fridge. Adults: write your own Black Belt date where you will see it every day.

BLACK BELT AND BEYOND: MODULE A: GOAL SETTING PROCESS (SMART GOALS)

Checkpoint: Progress Update: about 2 months (16 classes) before graduation

- ✓ Hand out the SMART Goal Worksheet. Teach SMART (Specific, Measurable, Attainable, Realistic, Tangible) in 60 seconds using the Black Belt as the example.
- ✓ Students fill in approximate goal dates for 1st and 2nd Degree Black Belt; parents co-sign the Personal Commitment.
- ✓ Keep a copy in the student file and book each family's 2-month Progress Update.

MAT CHAT QUESTIONS

- Where do you look before you kick? Why?
- Who can say the four Black Belt goal steps?
- What does SMART stand for?
- Why do we punch PAST the board instead of AT it?

TEACHING TIP Hold a target and ask a student to kick it with eyes closed, then with eyes open (safely, slowly). Use it to show that aiming first makes all the difference. Then have each student say their Black Belt goal out loud using the word "when."

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) loud 2) past 3) up

NEVER QUIT 02

BIG IDEA *Champions get knocked down like everyone else. They decide ahead of time to get back up.*

LIVE THE CREED "I intend to develop self-discipline in order to bring out the best in myself and others." **PRINCIPLE** Indomitable Spirit

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, quick question. Do you wake up in the morning and ask yourself, 'Do I feel like brushing my teeth today?' (No!) Of course not. You decided a long time ago. It's not a question anymore. That's called commitment. Here's the difference between interested and committed. An interested person shows up when it's easy. A committed person shows up no matter what. When you're only interested, every hard day turns into a vote: 'Should I go to class?' And sooner or later, a bad day wins. When you're committed, there's no vote. Now let me tell you something about Grand Master Jeff Smith. He was a world champion for six years. Thirty-two wins and only one loss. But when he first tried karate as a teenager, he quit after two months. His friend Johnny Woolley kept telling him to come back. When he finally did, he said, 'I'm going to get back into it this time, and I'm not going to quit.' Not 'I'll try.' 'I'm not going to quit.' And he never did. Grand Master Oliver says it this way: difficulties don't create character, they reveal it. Hard days will come for every one of you. The question is, did you decide ahead of time what you'll do? This week, take home your Make the Commitment page. Read it with your family. Write your Black Belt date in ink. And all week, take 'I'll try' out of your vocabulary. Say 'I will.' So, are you interested, or are you committed?

INSTRUCTOR ARE YOU INTERESTED OR COMMITTED?
STUDENTS COMMITTED!
KEY WORD **COMMIT**

MAT DRILL One More Rep: during conditioning, when students reach their goal number, the instructor calls "Commit!" and everyone does one more rep together with a kiai. Then have partners tell each other the one thing they will do on a bad day instead of quitting.

HOME CHALLENGE **Finish Strong Week.** For seven days, finish everything you start: every drill, every chore, every page of homework, every set of push-ups. Do not say "I'll try" all week. Say "I will" and do it. Each night, check the box if you finished everything you started that day. (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: make it a family rule that nobody quits on a bad day, and have the commitment conversation this week. Adults: replace "I'll try" with "I will" every day this week.

BLACK BELT AND BEYOND: MODULE B: COMMITMENT

Checkpoint: Spotlight students in class for Black Belt Leadership and Goal Setting

- ✓ Read the W. H. Murray commitment passage to the class.
- ✓ Ask: "What's the difference between interested and committed?" Take three answers.
- ✓ Spotlight 2 or 3 students who have kept their training commitment this cycle, and collect the signed Make the Commitment pages.

MAT CHAT QUESTIONS

- What is the difference between interested and committed?
- Did you know Grand Master Smith quit karate once? Why do you think he came back?
- What does "Difficulties don't create character, they reveal it" mean?
- What can you say to yourself when a kick or a form is hard?

TEACHING TIP Teach the word "yet" with a drill: whenever a child says "I can't," the whole class calls out "YET!" Keep it fun and encouraging, then help that child take one small step right away.

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) reveal 2) quit 3) yet

KNOWLEDGE, HONESTY, STRENGTH 03

BIG IDEA *A true martial artist builds three things: knowledge in the mind, honesty in the heart and strength in the body.*

LIVE THE CREED "I develop myself physically and mentally, based on the MILE HIGH KARATE SPIRIT." **PRINCIPLE** Integrity

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, touch your head. Now touch your heart. Now make a muscle. Those three things are what a Black Belt builds. Knowledge in the mind. Honesty in the heart. Strength in the body. Those words come from Grand Master Jhoon Rhee, the Father of American Tae Kwon Do. He came to America from Korea in 1956 with very little money, and he barely spoke English. When he opened his first school in Washington, D.C., in 1962, more than 200 people came, and twelve signed up. Twelve! From there he taught members of Congress, traded tips with Bruce Lee, and taught Grand Master Oliver and Grand Master Smith. He wrote a creed for his students, and it ends with two powerful words: might for right. That means your karate is never for showing off or for bullying. You use your strength only to do what is right. Picture a stool with three legs. Take one leg away, and it falls over. A strong person who isn't honest can become a bully. A smart person who isn't honest can trick people. You need all three. Grand Master Rhee said, 'When I am truthful, my heart is beautiful.' Being honest also means owning your mistakes. 'I did it. I'm sorry. I'll fix it.' Those are some of the strongest words a Black Belt can say. This week, I want you to find a Black Belt in our school and ask them their story. How long did it take? What was hard? What kept them going? You'll find that every Black Belt story is really a story about character. So, what do Black Belts build?

INSTRUCTOR **WHAT DO BLACK BELTS BUILD?**
STUDENTS **KNOWLEDGE, HONESTY, STRENGTH!**
KEY WORD **HONEST**

MAT DRILL Creed Combo: teach a three-move combination where each strike matches a word (punch on "knowledge," block on "honesty," kick on "strength"), shouting the word with each move. Then pair each beginner with a Black Belt for one minute to ask, "What kept you going?"

HOME CHALLENGE **Learn and Live the Creed.** Say Grand Master Rhee's creed out loud every morning for seven days. Each day, do one thing for your body, one thing for your mind and one honest thing for your heart (like owning up to a mistake before anyone asks). By Day 7, say the creed to a parent from memory. (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: at dinner, ask what your child did for their body, their mind and their heart today, and praise honesty most. Adults: pick the weakest leg of your stool and give it ten minutes a day.

BLACK BELT AND BEYOND: MODULE 3: BLACK BELT STORIES

Checkpoint: Pre-frame Black Belt during class; identify "A" students and parents

- ✓ Have a current Black Belt read a short Black Belt essay or give a 1-minute performance.
- ✓ Share one student or parent testimonial about what training has changed.
- ✓ Talk about existing Black Belts by name: where they started and what they overcame.

MAT CHAT QUESTIONS

- Who was Grand Master Jhoon Rhee? Where did he come from?
- Let's say Grand Master Rhee's creed together. What does each part mean?
- Why do we need all three: knowledge, honesty and strength?
- When is it okay to use your karate? What is might for right?

TEACHING TIP Teach the creed in three parts with a hand motion for each: touch your head (knowledge), your heart (honesty) and flex your arm (strength). Little kids remember motions before words.

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) heart 2) beautiful 3) 1962

SEE THE BLACK BELT IN THE MIRROR 04

BIG IDEA *See yourself as the person you are working to become, and you will start to become that person.*

LIVE THE CREED "I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health." **PRINCIPLE** Courage

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, I want you to close your eyes. Keep them closed. See yourself standing on the stage at the Black Belt Extravaganza. The lights are bright. Your family is in the seats. Your name is called. You walk forward, and your instructor ties a Black Belt around your waist. Hear the clapping. How are you standing? How do you feel? Now open your eyes. That person is real. You just haven't met them yet. Every class you take gets you closer. What you just did is called visualization. Champions don't just practice with their bodies. They practice in their minds. Before a big form, a Black Belt runs the whole thing in their head first. That's called pre-playing. Your brain treats a clear picture almost like real practice. Here's something else. You have a picture in your head of who you are. It's called your self-image. And you tend to act like that picture. If the picture says 'I always mess up,' you'll find ways to mess up. If the picture says 'I'm a Black Belt in training,' you'll start to stand, train and talk like one. Grand Master Smith was sparring with grown college men when he was only 14. He said he wasn't intimidated. He saw himself as someone who belonged in that room, and he became a world champion. This week, take home your Visualization Worksheet. Draw yourself as a Black Belt. Fill in the thought bubbles. Ask your parents how they see you. And every night, spend 30 seconds seeing your Black Belt before you go to sleep. So, who do you see in the mirror?

INSTRUCTOR **WHO DO YOU SEE IN THE MIRROR?**
STUDENTS **A FUTURE BLACK BELT!**
KEY WORD **SEE**

MAT DRILL Black Belt Walk: students walk across the mat one line at a time as if they already wear their Black Belt (chin up, shoulders back, eyes forward). Then everyone closes their eyes and pre-plays their form once in their mind before performing it for real. Ask: did it feel smoother?

HOME CHALLENGE **Black Belt Picture Week.** Every night for seven days, spend 30 seconds before bed picturing yourself receiving your Black Belt: see it, hear the clapping, feel the belt being tied. Then write one piece of proof from that day that you are becoming that person (you stood tall, used a strong voice, did something brave). (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: fill in the "how I see my child as a Black Belt" section with specific words, and avoid labels like "shy" or "clumsy," even as jokes. Adults: rehearse your next test requirement in your mind during your commute.

BLACK BELT AND BEYOND: MODULE 4: VISUALIZATION WORKSHEET

Checkpoint: Progress Update: about 1 month (8 classes) before graduation

- ✓ Hand out the Visualization Worksheet ("Make a Definite Commitment"): students write their Black Belt date and fill the thought bubbles with Black Belt qualities.
- ✓ Parents list how they see their child as a Black Belt; students may add a photo of their face on the figure.
- ✓ A returned worksheet earns an attitude stripe. Hold 1-month Progress Updates this week.

MAT CHAT QUESTIONS

- Close your eyes. Can you see yourself wearing a Black Belt? What does it look like?
- How does a Black Belt stand? Show me!
- What does it mean to pre-play a form?
- What is one thing you will do this week that a Black Belt would do?

TEACHING TIP Line the class up and have them stand like a white belt on day one, then "switch" and stand like a Black Belt. Point out how posture, eyes and voice change. Praise the Black Belt version all class.

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) picture 2) line 3) Extravaganza

EXPECT GOOD THINGS 05

BIG IDEA *When you work hard and expect to succeed, you give yourself the best chance to win.*

LIVE THE CREED "I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health." **PRINCIPLE** Courage

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, eyes on me. In August 1978, I stood in a room in Washington, D.C., to test for my 1st Degree Black Belt. Grand Master Jhoon Rhee was judging me. So was a young world champion named Jeff Smith. Was I nervous? You bet. But I expected to pass. Not because I was lucky. Because I had trained since 1969. I had practiced my forms more times than I could count. I had earned the right to expect a good result. And I passed with one of the highest scores ever given on that test.

That is called self-expectancy. Here is the trick: expecting is not wishing. Wishing is sitting on the couch saying, 'I hope I pass.' Expecting is practicing every night and then walking in saying, 'I'm ready.' Wishing skips the work. Expecting is earned by the work.

And every time you prepare and do well, you build confidence. One brick at a time. Confidence is not something you are born with. It is built, just like your kicks.

One more thing. Black Belts never say 'if.' They don't say, 'If I get my Black Belt.' They say, 'WHEN I get my Black Belt.' This week we are taking your picture with a Black Belt, and we are writing your target date right on it. Take it home. Look at it every morning. And say 'when.'

So let me ask you...

INSTRUCTOR **WHAT DO BLACK BELTS EXPECT?**
STUDENTS **TO WIN, BECAUSE WE PREPARE!**
KEY WORD **EXPECT**

MAT DRILL Expect It: before a target kick, board break or form, each student looks at the target and says 'I expect to hit it,' sets a winner's stance, then performs. Afterward, ask the class how it felt different.

HOME CHALLENGE **Prepare, Then Expect.** Every morning this week, say out loud, "I prepared, and I expect a good day." Then do one thing to prepare for something that matters: practice your form, study for a test, or lay out your uniform. Have a parent check each day to earn your attitude stripe. (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: say "when you get your Black Belt," never "if." Adults: notice whether you walk into class expecting to improve, or just hoping to survive.

BLACK BELT AND BEYOND: MODULE 5: BLACK BELTS: PHOTOS AND TARGET DATE

Checkpoint: Invite qualified ("A") families to preview Leadership class

- ✓ Photo day: each student is photographed wearing or holding a Black Belt, standing with the school's Black Belts.
- ✓ Write each student's target 1st Degree date on a strip of tape on the belt in the photo; students fill in the workbook page.
- ✓ Send the photo home with a note asking parents to post it where the student will see it every day.

MAT CHAT QUESTIONS

- If you never practice your form, can you expect to know it at your test? Why not?
- What is the magic word that turns "I can't" into a goal? (Yet!)
- Do Black Belts say "if" or "when"?
- What are you preparing for right now?

TEACHING TIP Have every student say one 'I can't' out loud, then have the whole class shout 'YET!' back at them. It is fun, it is loud, and it sticks.

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) wishing 2) yet 3) when

WHAT YOU SAY WHEN YOU TALK TO YOURSELF

06

BIG IDEA *The words you say to yourself all day long become the person you are.*

LIVE THE CREED "I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health." **PRINCIPLE** Indomitable Spirit

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, eyes on me. Who talks to you more than anyone else in the whole world? Your mom? Your teacher? Nope. You do. All day long.

When I started karate in Tulsa in 1969, the hardest part of class was not the push-ups. It was not the sparring. It was the little voice in my head that said, 'You can't do that. Everybody is better than you.'

Here's the secret: your brain believes what you tell it. It works like a computer. Your self-talk is the program. Put in 'I can't,' and your brain stops trying. Put in 'I am getting better every class,' and your brain gets to work.

So this week we use the Black Belt method. Catch it. Cancel it. Change it. When you hear 'I always mess this up,' you catch it, you say 'Cancel!', and you change it: 'I am learning this, and I get better every time.'

Grand Master Smith did this before a world title fight. He told a reporter, 'I've worked a long time for it.' Then he said what he would do next: double his training. Remind yourself what you've done. Then tell yourself what you'll do next.

This week you are also going to write. Writing is self-talk on paper. Three sentences: Why I WILL be a Black Belt. Who I'm becoming. What I'll do after. Not 'want to.' WILL.

So let me ask you...

INSTRUCTOR **WHAT DO WE DO WITH 'I CAN'T'?**
STUDENTS **CANCEL IT!**
KEY WORD **CANCEL**

MAT DRILL Cancel Partner: Partner A says a common negative ('I'm too slow'). Partner B blocks with a high block and shouts 'Cancel!' Together they change it ('I'm getting faster every class!'). Switch roles.

HOME CHALLENGE **Mirror Talk Week.** Write one "I am" sentence on a card and tape it to your mirror. Every morning and every night this week, look yourself in the eye and say it out loud three times with energy. Have a parent check each day to earn your attitude stripe. (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: listen for how you talk about yourself in front of your child this week. Adults: notice the first thing you say to yourself after a mistake, and change it.

BLACK BELT AND BEYOND: MODULE 6: BLACK BELT ESSAYS, PERFORMANCES AND TESTIMONIALS

Checkpoint: Preview classes for invited families

- ✓ Feature a Black Belt essay or performance (a different one from Module 3).
- ✓ Share a parent testimonial about long-term results such as grades, confidence and focus.
- ✓ Students begin their 3-sentence draft "Why I will be a Black Belt" on the workbook page; collect a testimonial for each student file.

MAT CHAT QUESTIONS

- Who talks to you more than anyone else in the world? (You do!)
- What does the bad voice sometimes say to you in class?
- What are the three steps? (Catch it, cancel it, change it!)
- How is good self-talk like buckling your seatbelt?

TEACHING TIP Make "Cancel that!" a class call-and-response. Whenever a student says "I can't," the whole class calls out "Cancel that!" and the student restates it as "I can." Keep it playful, never shaming.

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) believes 2) change 3) seatbelt

DO IT WITHOUT BEING TOLD 07

BIG IDEA *Self-discipline means doing the right thing because you choose to, not because someone makes you.*

LIVE THE CREED "I intend to develop self-discipline in order to bring out the best in myself and others." **PRINCIPLE** Perseverance

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, eyes on me. What does the word discipline make you think of? A teacher yelling? Getting sent to your room? Here's what Grand Master Jhoon Rhee taught me. He said discipline has two ingredients: attention and respect. That's it. You pay attention to what needs doing, and you respect it enough to do it, whether anybody's watching or not.

Grand Master Jeff Smith was a world champion for six years. He trained six hours a day, in three workouts, for almost twenty years. Nobody stood over him with a stopwatch. He chose it.

At home you can do the same thing, just smaller. Make your bed before anyone says a word. Put your shoes away. Start your homework the minute you get home. Each one is a rep, just like a front kick.

Now here's the enemy of discipline: the excuse. 'I didn't practice because my brother was loud.' 'I'm late because nobody woke me up.' Every excuse gives your power to someone else. Black Belts say, 'No excuses. That's on me. Here's what I'll do next.' When you own the problem, you own the fix.

This week you'll keep your Self-Discipline Sheet: one thing every day you did without being told. And you'll plan your 'Journey to Black Belt' poster, so you can see what you want most when the easy thing is calling your name.

So let me ask you...

INSTRUCTOR **WHAT DOES DISCIPLINE CHOOSE?**
STUDENTS **WHAT I WANT MOST!**
KEY WORD **DISCIPLINE**

MAT DRILL Mental Rehearsal: students close their eyes and perform their form in their minds, every move, at full speed and power. Then they open their eyes and perform it for real. Ask: did it feel smoother?

HOME CHALLENGE **My Self-Discipline Sheet.** Every day for seven days, do at least one helpful thing at home, school or work WITHOUT being told. Write what you did each day. Ask a parent to initial it to earn your attitude stripe. (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: notice and name it when your child does something without being told, then tell the instructor. Adults: keep your own Self-Discipline Sheet this week and catch your excuses.

BLACK BELT AND BEYOND: MODULE 7: VISUALIZATION AND GOAL POSTERS

Checkpoint: Progress Update: 2 weeks before graduation

- ✓ Students create a "My Journey to Black Belt" poster: photo, goal date, quotes and their reasons why (planned on the workbook page).
- ✓ Display finished posters in the lobby for the week before graduation.
- ✓ Hold 2-week Progress Updates with each family; confirm graduation readiness.

MAT CHAT QUESTIONS

- What are Grand Master Rhee's two ingredients of discipline?
- Who can tell me something they did at home this week without being told?
- What does a Black Belt say instead of an excuse? (That's on me!)
- What is a hard thing you could do first today before you play?

TEACHING TIP Read three Self-Discipline Sheets out loud at the start of class and have the class cheer for each student. Young kids repeat what gets cheered.

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) respect 2) told 3) six

COURTESY AND RESPECT 08

BIG IDEA *Respect is how you treat people, especially the ones who can't do anything for you.*

LIVE THE CREED "I intend to use what I learn in class constructively and defensively, and never be abusive or offensive." **PRINCIPLE** Courtesy

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, eyes on me. What was the very first thing you learned at Mile High Karate? Not a kick. Not a punch. A bow. A bow says, 'I see you. I value you. I will take care of you while we train.'

When I started in Tulsa in 1969, nobody wore pads. People got hurt. Then a student of my teacher, Grand Master Jhoon Rhee, had his cheekbone broken by a kick at a tournament. Grand Master Rhee could have said, 'Get tougher.' Instead he invented foam pads for the hands, the feet and the head. He once asked a reporter, 'What is so great about beating people?' Your sparring gear is respect you can hold in your hand.

Grand Master Jeff Smith won his world title in 1974 partly because of respect. His opponent lost his cool and got penalized. Grand Master Smith kept his. And when a reporter asked about that rival, he said, 'He's a pretty good person.' Tough and respectful. Those go together.

Here's the real test of respect: how do you treat people who can't do anything for you? The new white belt. Your little brother. The person who cleans the school.

And this week is graduation. Your new belt is tied around your waist, but you didn't earn it alone. Your parents drove you. Your instructors corrected you. Your partners held targets. Before you go to bed tonight, look your mom or dad in the eye and say thank you.

So let me ask you...

INSTRUCTOR **HOW DO BLACK BELTS TREAT PEOPLE?**
STUDENTS **WITH RESPECT, EVERY TIME!**
KEY WORD **RESPECT**

MAT DRILL Black Belt Introduction: partners practice standing tall, bowing with care, making eye contact, giving a firm handshake and saying 'Thank you, sir' or 'Thank you, ma'am.' Then rehearse how to walk onto the floor and bow at graduation.

HOME CHALLENGE **The Words of Respect Week.** Every day for seven days, use the words of respect at home without being reminded: "yes, sir," "yes, ma'am," "please," "thank you" and

"you're welcome." Also thank one person each day who helps you. A parent checks the box each night to earn your attitude stripe. (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: model the courtesy you want your child to show when you speak with staff, and come to graduation to cheer. Adults: say thank you to every person who serves you this week.

BLACK BELT AND BEYOND: MODULE 8: GRADUATION AND THE BLACK BELT AND BEYOND INVITATION

Checkpoint: DEADLINE: belt graduation date. Qualified (A, A, A) students move to the Black Belt and Beyond conference.

- ✓ Feature one final Black Belt essay or performance at graduation.
- ✓ Families complete the workbook self-assessment (home / school / karate) and Black Belt Guarantee; review it with each family.
- ✓ Present the "Black Belt and Beyond" Special Invitation to qualified students and book each family's Black Belt and Beyond conference.

MAT CHAT QUESTIONS

- Why do we bow before we train with a partner?
- Who can show me a good bow? What makes it a good bow?
- Grand Master Rhee asked, "What is so great about beating people?" What do you think he meant?
- Who helped you earn your belt? How will you thank them?

TEACHING TIP Have young students practice the words of respect as a call-and-response game: you ask a question, they answer with "Yes, sir!" or "Yes, ma'am!" as loud and clear as they can. Then catch and praise kids who use them unprompted during class.

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) feet 2) you 3) person

KNOW YOURSELF 09

BIG IDEA *Knowing your strengths and weaknesses is where every improvement starts.*

LIVE THE CREED "I develop myself physically and mentally, based on the MILE HIGH KARATE SPIRIT." **PRINCIPLE** Modesty

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, eyes on me. When you look in a mirror after a hard workout, what do you see? Maybe sweaty hair. Maybe a red face. A mirror doesn't lie. It shows you exactly where you are. When I was 15 years old, I already had my own karate school in Tulsa. I thought I knew a lot. Then I went to Washington, D.C., to train at Grand Master Jhoon Rhee's headquarters. I trained right next to Jeff Smith, who was already the world champion. And guess what? I was not the best one in the room. Not even close. That could have made me quit. Instead, it gave me a clean mirror. I saw what I did well. I saw what I needed to fix. Two years later I came back and tested for my Black Belt. Here is the secret. A weakness you know about is a weakness you can fix. A weakness you don't know about is the one that hurts you. So when I correct you, what am I doing? I'm cleaning your mirror. And what do you say? 'Yes, sir!' or 'Yes, ma'am!' Then you fix it. This week, you're going to hold your Black Belt goal up to that mirror. Are you coming to class two or three times a week? Are you practicing at home? If you are, maybe you can move your Black Belt date sooner. If you're not, now you know exactly what to fix. Black Belts don't look away from the mirror. They look closer.

INSTRUCTOR **WHAT KIND OF MIRROR DOES A BLACK BELT KEEP?**
STUDENTS **A CLEAN ONE!**
KEY WORD **MIRROR**

MAT DRILL Mirror Partners: partners face each other. Each one says one thing they do well and one thing they are fixing. Then the instructor walks the line, gives each student one correction, and the student answers 'Yes, sir!' or 'Yes, ma'am!' and shows the fix three times.

HOME CHALLENGE **Nightly Mirror Check.** Every night this week, write one thing that went well today and one thing you will fix tomorrow. The next day, do the fix. Check the box on each day you did yesterday's fix. Have a parent initial the week. (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: review the goal sheet with your child this week and re-sign it together. Use specific praise and specific correction. Adults: ask one trusted person for one strength and one thing to improve, and just say thank you.

BLACK BELT AND BEYOND: MODULE A: GOAL SETTING PROCESS (SMART GOALS), REVISITED

Checkpoint: Progress Update: about 2 months (16 classes) before graduation

- ✓ Pull each student's goal worksheet from cycle 1. Confirm the goal date or move it up.
- ✓ Review the action plan line by line: 2 to 3 classes a week, testing every 2 months, 15 to 30 minutes of home practice.
- ✓ Have students and parents re-sign the Personal Commitment, and book each family's 2-month Progress Update.

MAT CHAT QUESTIONS

- What is self-awareness?
- Raise your hand if you know one thing you are really good at. What is it?
- What should you say when an instructor corrects you?
- Who knows their Black Belt date? Are you on track for it?

TEACHING TIP After you correct a student, have them say "Yes, sir" or "Yes, ma'am" and show you the fix right away, then praise the fix in front of the class. Kids learn that corrections lead to wins, not embarrassment.

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) fix 2) mirror 3) plan

THE FIRE INSIDE 10

BIG IDEA *The strongest push to do great things comes from inside you, not from someone else.*

LIVE THE CREED "I intend to develop self-discipline in order to bring out the best in myself and others." **PRINCIPLE** Indomitable Spirit

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, eyes on me. Watch this. I'm going to strike a match. Fsst. One, two, three. Blow. It's out. That's what it's like when somebody else pushes you. Mom says practice, so you practice. The second she stops pushing, you stop too. Now picture a campfire. You keep adding wood, and it burns all night. That's motivation that comes from inside you. When Grand Master Jeff Smith was a junior-high paperboy in Texas, he saw a karate demonstration and was hooked. But the club was for college students only. Did he give up? No! He asked his mother, she asked the dean, and they let him in. Nobody pushed him. The fire was his. He became a world champion. Here's another thing that puts fires out. One little word: maybe. 'Maybe I'll practice later.' 'Maybe I'll get my Black Belt someday.' I've watched hundreds of families on the road to Black Belt, and I can tell you, maybe means no. Every Black Belt I've ever promoted made a decision: 'I am going to be a Black Belt.' Once you decide, you don't ask, 'Should I go to class tonight?' You ask, 'What time do we leave?' This week, you're going to do a Commitment Check. Rate yourself from 1 to 10 on class, home practice and effort. Pick your lowest number and fix it. And pick a time to practice at home every day, and start right on time, without anybody reminding you. That's the fire inside.

INSTRUCTOR WHERE DOES YOUR FIRE COME FROM?
STUDENTS INSIDE ME!
KEY WORD **FIRE**

MAT DRILL Build the Fire: students line up. One at a time, each steps forward, throws a reverse punch with a strong kiai and shouts one reason they train ('To be strong!' 'For my family!'). The class answers 'Add it to the fire!' Finish with the whole class shouting 'I have decided!'

HOME CHALLENGE **Start On Time.** Pick one set time for home practice every day this week. Start within five minutes of that time, without anyone reminding you. Practice at least 15 minutes. Write the time you started each day. A parent signs at the end of the week. (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: do the Commitment Check with your child and rate your own part, getting them to class 2 to 3 times a week. Adults: replace one 'maybe' in your week with a

decision and put it on your calendar.

BLACK BELT AND BEYOND: MODULE B: COMMITMENT, REVISITED

Checkpoint: Spotlight students in class for Black Belt Leadership and Goal Setting

- ✓ Re-read the W. H. Murray commitment passage and tie it to the words 'I have decided.'
- ✓ Run the Commitment Check: students rate attendance, home practice and effort from 1 to 10 and set one fix.
- ✓ Spotlight 2 or 3 students whose commitment has grown since cycle 1.

MAT CHAT QUESTIONS

- What is the difference between a match and a fire? Which one lasts longer?
- Who told Grand Master Smith he had to take karate? (Nobody!) Why did he keep asking?
- What does "maybe" usually turn into?
- What time will you start your home practice this week?

TEACHING TIP Light a pretend match with your hand, count to three and blow it out. Then have the class 'build a fire' together by each shouting one reason they train. Kids remember the picture of a match versus a fire.

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) fire 2) after 3) no

AN ACTION IS WORTH A THOUSAND PICTURES

11

BIG IDEA *People believe what you do much more than what you say.*

LIVE THE CREED "I intend to develop self-discipline in order to bring out the best in myself and others." **PRINCIPLE** Integrity

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, eyes on me. You've heard that a picture is worth a thousand words. My teacher, Grand Master Jhoon Rhee, said something even better: 'An action is worth a thousand pictures.' What you DO is the loudest thing about you. Grand Master Rhee said there are three kinds of people. People who make things happen. People who watch things happen. And people who say, 'What happened?' Which one is a Black Belt? The first one! Let me tell you a story about keeping your word. Years ago, I was helping Chuck Norris raise money for his foundation, Kick Drugs Out of America. I had an idea: give the top fundraiser a part on his TV show, Walker, Texas Ranger. Everybody loved it. Then guess who raised the most money? Me! I told Chuck, 'I don't want to be on TV.' He said, 'No, no, no. That was the deal. You have to do it.' So I did. They filmed me from behind, refereeing a tournament, and the night it aired, Colorado showed a basketball game instead. Almost nobody saw it! But I kept my word. A deal is a deal. That's integrity: your actions match your words. This week you're going to interview a Black Belt. Ask them, 'What did you say to yourself when you wanted to quit?' and 'What did you do to keep going?' Then copy one of their actions. And write down every promise you make this week. Keep every one. Be the person who makes things happen.

INSTRUCTOR **WHAT IS AN ACTION WORTH?**
STUDENTS **A THOUSAND PICTURES!**
KEY WORD **ACTION**

MAT DRILL Three Kinds of People: drop a target pad on the floor. Three volunteers act out the person who makes things happen (picks it up and returns it), the one who watches, and the one who says 'What happened?' Then run class with a rule: anyone who sees something that needs doing does it without being asked, and the instructor calls out 'Action!' to recognize them.

HOME CHALLENGE **Promise Keeper Week.** For one week, write down every promise you make, big or small. Each night, check the box if you kept every promise you made that day. A parent signs at the end of the week. (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: keep every small promise you make to your child this week, and point out when they keep theirs. Adults: write down every promise you make for seven days and check each one off.

BLACK BELT AND BEYOND: MODULE 3: BLACK BELT STORIES, REVISITED

Checkpoint: Pre-frame Black Belt during class; identify "A" students and parents

- ✓ Feature a different Black Belt than cycle 1, ideally one close in age to the class, and have students interview them.
- ✓ Ask the Black Belt in front of class: 'What did you say to yourself when you wanted to quit?'
- ✓ Collect one new student or parent testimonial for the school's files.

MAT CHAT QUESTIONS

- What does "an action is worth a thousand pictures" mean?
- Who can tell me the three kinds of people? Which one is a Black Belt?
- What is one thing you can do in class today to make things happen?
- Which Black Belt will you interview this week?

TEACHING TIP Tell the Walker, Texas Ranger story with a little drama, then ask kids to act out the three kinds of people: one cleans up a dropped target, one just watches, and one says, "What happened?" Kids remember lessons they act out.

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) pictures 2) example 3) deal

LIKE WHO YOU ARE

12

BIG IDEA *Real self-esteem comes from what you earn, not from comparing yourself to others.*

LIVE THE CREED "I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health." **PRINCIPLE** Modesty

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, eyes on me. I'm going to ask you the same question I ask every new Black Belt at our retreat in Breckenridge. The Black Belt test there has run about 48 hours. When it's over, I sit down with the new Black Belts and their parents and I ask: 'If I gave you a million dollars right now, would you give back everything you gained on the way to Black Belt? Your confidence. Your discipline. Your friends. The person you became. All of it.' By 2007, I had asked 487 Black Belts and their parents. Do you know how many took the money? Zero. Not one. Why? Because they earned it. That's what self-esteem is: liking and respecting who you are because you did something real. Not because someone said 'good job' a hundred times. At Mile High Karate, rank is earned, never sold. And here's a trap. Don't measure yourself with somebody else's ruler. There will always be someone faster or stronger. A Black Belt compares only one person: you today versus you yesterday. Confidence works the same way. You build it from proof. Every promise you keep, every hard thing you finish, is one more piece of proof that you can do it. This week, you're going to draw yourself as a Black Belt again, and write six 'I am' statements about that person. And every day, finish one hard thing you could have skipped. Then say it: 'I earned that.'

INSTRUCTOR HOW DO YOU GET SELF-ESTEEM?
STUDENTS I EARN IT!
KEY WORD **EARN**

MAT DRILL Proof Round: give the class a hard set (for example, 20 slow front kicks or a one-minute horse stance). Students who finish without stopping step forward and say 'I earned that!' while the class cheers. Then pair students and have each one name one thing their partner can do now that they couldn't do when they started.

HOME CHALLENGE **Earn It Every Day.** Every day this week, finish one hard thing you could have skipped: extra practice, a chore done without help, homework finished before play. Write what you earned. A parent signs at the end of the week. (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: praise effort and choices, not talent, and write specific lines in the 'how I see my child as a Black Belt' section. Adults: measure your day by your own ruler: Did I keep my word? Did I do my best?

BLACK BELT AND BEYOND: MODULE 4: VISUALIZATION WORKSHEET, REVISITED

Checkpoint: Progress Update: about 1 month (8 classes) before graduation

- ✓ Have students complete a fresh visualization worksheet with every thought bubble written as an 'I am' statement.
- ✓ Compare it with the cycle 1 sheet: ask each student what has changed in how they see themselves.
- ✓ Award an attitude stripe for each returned worksheet, and hold 1-month Progress Updates this week.

MAT CHAT QUESTIONS

- What would you do if someone offered you a million dollars to give back everything you learned in karate?
- Does self-esteem come from hearing "good job" or from doing a good job?
- Who is the only person you should compare yourself to?
- What is one "I am" statement about the Black Belt you are becoming?

TEACHING TIP Praise effort and choices by name ("Great focus on that stance, Emma!"), not talent. Have students cheer for a classmate who made a good choice, so the whole class learns what is worth celebrating.

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) sold 2) yesterday 3) proof

WALK LIKE A BLACK BELT 13

BIG IDEA *How you stand, look and speak tells the world who you are before you say a word.*

LIVE THE CREED "I develop myself physically and mentally, based on the MILE HIGH KARATE SPIRIT." **PRINCIPLE** Courage

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, eyes on me. Here's a question. Can you spot a Black Belt from across the room, even if you can't see the belt? Yes, you can. You can tell by how they walk in. Head up. Shoulders back. Eyes forward. When they say hello, you can hear them. That's called self-projection. It's what you send out to the world about yourself. Grand Master Jhoon Rhee came to America in 1956 with almost nothing. A few years later, he was teaching karate to members of Congress at five o'clock in the morning. How? He walked into every room like he belonged there. He built that confidence one class at a time, and so can you. Here is the secret tool this week. It's called visualization. Every Black Belt saw their Black Belt day in their mind long before it happened. So let's do it. Close your eyes. See yourself walking onto the stage at the Black Belt Extravaganza. See your instructor tying the belt around your waist. Hear your family clapping. How are you standing? Open your eyes. Your mind just practiced. Now your body will follow the picture. This week we're taking new Black Belt photos, and you're going to say your target date out loud, strong and clear. That's not bragging. That's telling the world where you're going. Confident, never cocky. Now, how do you walk in?

INSTRUCTOR **HOW DO YOU WALK IN?**
STUDENTS **LIKE A BLACK BELT!**
KEY WORD **PICTURE**

MAT DRILL Picture It, Then Walk It: students close their eyes for 15 seconds and picture their Black Belt walk, then cross the mat one line at a time exactly as pictured (chin up, eyes forward). At the far side, each student shakes a partner's hand with eye contact and says, "Hi, I'm ___, and I'm a future Black Belt."

HOME CHALLENGE **Eyes, Voice, Hand + Picture It.** Every day for one week, greet one person with eye contact, a clear voice and a firm handshake (or a polite wave), and say their name. Then, before bed, close your eyes for one minute and picture your Black Belt walk. A parent initials each day. A completed, signed week earns an attitude stripe. (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: post the new photo where your child sees it every morning and have them say their date to you out loud. Adults: before an important meeting, take 30 seconds to picture it going well.

BLACK BELT AND BEYOND: MODULE 5 (REVISITED): BLACK BELTS: PHOTOS AND TARGET DATE

Checkpoint: Invite qualified ("A") families to preview Leadership class

- ✓ Retake each student's photo with the school's Black Belts; post the cycle 1 and cycle 2 photos side by side.
- ✓ Have each student say their target date out loud for the camera (self-speak), in a strong voice.
- ✓ Send the photo home with a note inviting the family to talk about the goal beyond Black Belt and the upcoming Black Belt and Beyond conference.

MAT CHAT QUESTIONS

- What are the Four Laws of Concentration? Show me with your body.
- Close your eyes. Picture yourself walking in like a Black Belt. What did you see?
- How can the way you stand help keep you safe?
- What is the difference between confident and cocky?

TEACHING TIP Have students practice introducing themselves to a partner: eye contact, handshake, clear voice, "Nice to meet you." Make it a quick drill, and praise the loudest clear voice.

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) body 2) confidence 3) picture

YOU ARE IN CHARGE OF YOU 14

BIG IDEA *You can't control everything that happens, but you can always control how you respond.*

LIVE THE CREED "I intend to use what I learn in class constructively and defensively, and never be abusive or offensive." **PRINCIPLE** Courtesy

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, who decides whether you have a good day or a bad day? Your brother? The weather? Your teacher? Here's the truth. Lots of things happen that you don't get to choose. Rain cancels your game. Somebody cuts in line. But you always choose what you do next. At Mile High Karate we say, a mighty person is one who has control over their emotions. Not the biggest muscles. Not the loudest voice. The one who's in charge of their feelings. Now here's the secret. Between what happens and what you do, there's a little voice in your head. That's your self-talk. If the voice says, "Get him!", you get in trouble. If the voice says, "I'm mad. Breathe. I'm in charge," you make a Black Belt choice. So this week we use three steps. Catch it: notice the angry words. Cancel it: say "Cancel!" Change it: say one calm, strong sentence. In 1974, Grand Master Jeff Smith fought for the world title. In the third round, the other fighter lost control and got penalized. Grand Master Smith kept his cool, and all seven judges voted for him. Power without control is a problem. Power with control is a skill. This week, you'll also write your Black Belt Essay. Writing is self-talk on paper. Write why you WILL be a Black Belt. Not maybe. Will. Now, who's in charge of you?

INSTRUCTOR **WHO'S IN CHARGE OF YOU?**
STUDENTS **I AM!**
KEY WORD **CHOOSE**

MAT DRILL Freeze, Breathe, Cancel: the instructor calls out a frustrating moment ("You missed your board!" "Someone bumped you!"). Students freeze in fighting stance, take one slow breath, shout "Cancel!" with a high block, then say a calm sentence together ("I'm in charge. Again!"). Finish with controlled partner sparring where every technique stops exactly on target.

HOME CHALLENGE **Pause Button Week.** Each day, catch one moment when you feel mad, frustrated or impatient. Press your pause button: take one slow breath, say "Cancel!" to the angry thought, and choose a Black Belt response. Write the calm sentence you used. A parent initials each day. A completed, signed week earns an attitude stripe. (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: make "Cancel!" a family code word, and help your child answer the three essay questions without writing it for them. Adults: notice whether the first thing you say to yourself after a mistake is a coach or a critic.

BLACK BELT AND BEYOND: MODULE 6 (REVISITED): BLACK BELT ESSAYS, PERFORMANCES AND TESTIMONIALS

Checkpoint: Preview classes for invited families

- ✓ Have students expand their earlier 3-sentence draft into a full Black Belt Essay (self-write) using the workbook page.
- ✓ Invite two volunteers to read their essays to the class; praise "I will" language.
- ✓ Collect essays and family testimonials for the student file; keep strong ones for future Black Belt Stories.

MAT CHAT QUESTIONS

- What does "a mighty person is one who has control over their emotions" mean?
- When something bad happens, what is the little voice in the middle?
- What are the three steps? Catch it, cancel it, change it.
- Show me your pause button breath. In through the nose, out through the mouth.

TEACHING TIP Practice the pause physically: call out a frustrating scenario ("Your brother knocked over your tower!"), have students freeze, take one slow breath together, shout "Cancel!", then say a calm response out loud. Repetition turns it into a habit.

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) emotions 2) Breathe 3) critic

SMALL STEPS, EVERY DAY 15

BIG IDEA *Big results come from small things you do every day, until they become habits.*

LIVE THE CREED "I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health." **PRINCIPLE** Perseverance

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, raise your hand if you buckled your seatbelt on the way here. Did you have to think about it? No! It's a habit. Somebody taught you, and you did it over and over until it was automatic. That's how every good habit works. Here's a saying I want you to remember for life: Good habits are hard to make but easy to live with. Bad habits are easy to make but hard to live with. Grand Master Jhoon Rhee did push-ups every single day. Even in his sixties and seventies, he could do 100 push-ups in about a minute. He didn't get there in one day. He got there one push-up at a time. Now, every habit has an enemy. It's called the excuse. I'm too tired. I'll do it tomorrow. My brother was loud. An excuse hands your result to somebody else. Black Belts don't do that. They take 100 percent responsibility. If they skipped practice, they say, I skipped it, and tomorrow I won't. That's the No Excuses success skill. This week, pick one small step. Read for fifteen minutes. Make one healthy food choice. Do one helpful thing without being asked. Do it every day. Build a streak. And if you miss a day, never miss twice. We're also updating our Journey to Black Belt posters this week. Put your I am sentences and your daily steps right on it. So, what do Black Belts make?

INSTRUCTOR **WHAT DO BLACK BELTS MAKE?**
STUDENTS **NO EXCUSES!**
KEY WORD **STREAK**

MAT DRILL Ten a Day: the class does 10 push-ups together while counting out loud, then the instructor does the math (3,650 a year; more than 14,000 in four years). Then Excuse Buster: the instructor calls out an excuse ("I'm too tired!"), and students answer with a punch and kiai, "No excuses! Five minutes!"

HOME CHALLENGE **Build a Streak, No Excuses.** Pick ONE small daily step: read 15–20 minutes (Reading Challenge), make one smart food choice and write what you passed on (Healthy Eating Challenge), or do one helpful act without being asked (Self-Discipline Challenge). Do it every day for one week. Write what you did. A parent initials each day. A completed, signed week earns an attitude stripe. (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: post one challenge sheet (Reading, Healthy Eating or Self-Discipline) on the refrigerator and celebrate streaks, not perfection. Adults: replace each excuse you hear yourself make with "What can I do next time?"

BLACK BELT AND BEYOND: MODULE 7 (REVISITED): VISUALIZATION AND GOAL POSTERS

Checkpoint: Progress Update: 2 weeks before graduation

- ✓ Have students update their "My Journey to Black Belt" posters with their Black Belt self-talk statements and daily small steps.
- ✓ Display the posters again; invite parents and students to walk the poster wall together.
- ✓ Hold 2-week Progress Updates; confirm graduation readiness and readiness for the Black Belt and Beyond conference.

MAT CHAT QUESTIONS

- What is a habit? How did you learn to buckle your seatbelt?
- Finish this saying: Good habits are hard to make but...
- What is an excuse? What do Black Belts say instead?
- What small step will you take every day this week?

TEACHING TIP Do 10 push-ups together as a class and then do the math out loud: 10 a day becomes more than 3,600 in a year. Kids love big numbers, and they will remember the lesson.

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) easy 2) responsibility 3) twice

THE BLACK BELT IS A BEGINNING 16

BIG IDEA *A Black Belt is not the end of the road. It is where the real journey starts.*

LIVE THE CREED All four lines of the Student Creed **PRINCIPLE** All six Principles

LESSON SCRIPT (2–3 MINUTES, READ OR PARAPHRASE)

Students, here's a question. What happens after you get your Black Belt? Some people say, "I'm done!" Here's a true story. When I was a young man, I was a head instructor and branch manager at the Jhoon Rhee Institute in Washington, D.C. We were making hundreds of Black Belts. But we found a problem. On average, a new Black Belt kept training for only about sixty days after earning the rank. Then they quit. Sixty days, after years of work! Grand Master Rhee figured out why. They thought the Black Belt was the finish line. So he gave us one rule: a brown belt's goal has to already be Second Degree, before they even test for their first. The Black Belt is not a finish line. It's a starting line. That's why we call it Black Belt and Beyond. Over the last weeks you've learned eight Success Skills: goal attainment, commitment, character and honesty, visualization, confidence, self-talk, no excuses and respect. This week you put them all together. You're going to write your Black Belt Self-Talk Script, one "I am" sentence for each skill. And you're going to write your goal beyond Black Belt: Second Degree, the Leadership Team, teaching a white belt the way someone taught you. Every year at our Black Belt Retreat I ask new Black Belts if they'd give back everything they gained for a million dollars. Every one says no. So, where are you going?

INSTRUCTOR **WHERE ARE YOU GOING?**
STUDENTS **BLACK BELT AND BEYOND!**
KEY WORD **BEYOND**

MAT DRILL Winner's Circle: students stand in a circle. Each one steps in, delivers their strongest "I am" statement from their script with a punch and kiai, and names their goal past Black Belt. The class answers together: "Yes, you are!"

HOME CHALLENGE **Read My Script Out Loud.** Finish your Black Belt Self-Talk Script on the next page. Every day for one week, read it out loud, standing tall, in a strong voice (a mirror works great). Then keep going for 30 days. A parent initials each day. A completed, signed week earns an attitude stripe. (Earns an attitude stripe when parent-signed.)

ADULT & PARENT TIP Parents: post your child's Self-Talk Script where the family sees it daily, and write and read a script of your own alongside theirs. Adults: set a goal that reaches past First Degree, such as Second Degree or assistant instructor.

BLACK BELT AND BEYOND: MODULE 8: GRADUATION AND THE BLACK BELT AND BEYOND INVITATION

Checkpoint: DEADLINE: belt graduation date. Qualified (A, A, A) students move to the Black Belt and Beyond conference.

- ✓ Feature one final Black Belt essay or performance at graduation; have volunteers read their completed Black Belt Self-Talk Script.
- ✓ Present the "Black Belt and Beyond" Special Invitation to qualified students, followed by the Application, the Million Dollar Bill Letter and the Black Belt Q&A.
- ✓ Book Black Belt and Beyond conferences. The 16-week curriculum restarts at Week 1 for the next cycle.

MAT CHAT QUESTIONS

- What happens after you get your Black Belt?
- Why should your goal always be one step past the belt you're working on?
- Can you name all eight Success Skills? Which one is your strongest?
- How can you help a student who is newer than you?

TEACHING TIP Ask each child to name their next belt AND the belt after it. Celebrate the kids who can name a goal past Black Belt. Remind families about the next Black Belt Extravaganza and encourage every rank to attend.

Answer key: Matching 1-B, 2-D, 3-A, 4-E, 5-C. Fill in: 1) line 2) Second 3) freshman

Black Belt and Beyond...

SPECIAL INVITATION

For outstanding dedication, effort, positive attitude, improvement and progress shown in class!

_____

is hereby invited to begin

TRAINING TO 2ND DEGREE BLACK BELT AND BEYOND AT MILE HIGH KARATE!

_____ _____

Given (date) Instructor

Instructors: present this invitation at graduation (Weeks 8 and 16) to students who qualify, then schedule the family's Black Belt and Beyond conference.

MY NOTES

NOTES

MILE HIGH KARATE® · SIXTEEN WEEKS TO BLACK BELT AND BEYOND

EVERY BLACK BELT STARTS WITH ONE DECISION.

This is the hands-on companion to **The Black Belt Mindset**, the sixteen-week character program every new Mile High Karate student begins with. Each week has one lesson to match the book, written so a seven-year-old can do it with a parent and an adult can use it at work.

- ✓ Words, questions and a Black Belt and Beyond goal page every week
- ✓ A seven-day Home Challenge that earns an attitude stripe
- ✓ The Student Creed, the Principles of the Black Belt and a training tracker
- ✓ Self-Discipline, Reading and Healthy Eating challenge sheets
- ✓ A complete instructor guide with weekly scripts, drills and answer keys

> *"I never thought that three years ago, when I started in Mile High Karate that I would ever be sitting and writing about my goals after I got my Black Belt."*
>
> ERIC MUROTAKE, BLACK BELT ESSAY

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THE BLACK BELT MINDSET WORKBOOK