

BLACK BELT STRENGTH



"It is excellent to have a giant's strength, but it is tyrannous to use it like a giant." ~**William Shakespeare**

Name: _____

PART I: BUILDING STRENGTH.

How does karate help you build a stronger:

MIND (*the way you think about problems, perform at work and school, etc.*)

BODY (*e.g., your physical capabilities, your overall health, how much you can lift, how fast you can run*)

CHARACTER (*your patience, your self-control, your leadership*)

PART II: WHAT WILL YOU DO TO START THIS YEAR STRONG?

Draw a picture of yourself using Black Belt strength to do something brave, helpful and exciting this year!