



National ★ Karate

Black Belt Character

Character is a distinctive combination of traits that are displayed in a person's attitudes and behaviors. Someone with Black Belt Character would be someone who is a hard worker, self-disciplined, and someone who doesn't give up, while being a very caring and polite person.

Name: _____

There once was a man in N.Y. city who sold balloons on the sidewalk. When business would get a little slow, he would take a balloon, fill it up with helium and then release it into the air. As the balloon floated about the city, people would take notice and their curiosity would drive them to come over to the table and buy balloons.

At first, he would release a white balloon. Then he would release a red one, then a yellow one. Meanwhile, there was a little boy sitting across the street watching the old man release the balloons. After a while, the boy approached the old man and asked him "What color balloons fly the best?" The old man very intuitively responded; "it's not the color of the balloon that makes it go up – it's what's on the inside!" Our Character is who we are on the inside.

Your parents and Karate instructors teach you the qualities of good character, and then you have the chance to practice them in everyday life. The more you practice them, the more they become a habit. Once they become a habit – they will become your character! Then, like the balloon, you can really fly!

Listed below are qualities of good Character that we call Black Belt Character. In this self-evaluation, rate yourself (with your parents help) on a scale of 1-5. A 1 is not like you at all, and a 5 would be very like you. Be honest with yourself. Circle your rating on each set of questions then ask for your parents help to improve your low scores.

| | | | |
|------------------------------------|------------------|---------------------------------|------------------|
| Honest and Trustworthy: | 1 2 3 4 5 | Positive Attitude: | 1 2 3 4 5 |
| Doesn't Give up: | 1 2 3 4 5 | Hardworking: | 1 2 3 4 5 |
| Dependable and Responsible: | 1 2 3 4 5 | Organized and Prepared: | 1 2 3 4 5 |
| Friendly and Likable: | 1 2 3 4 5 | Cooperative and Helpful: | 1 2 3 4 5 |



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