

STUDENT CREED

Fill out the charts below giving positive and negative actions concerning mental growth and physical health.

Mental Growth

Positive Actions 3

1. *read a book*
- 2.
- 3.
- 4.
- 5.

Negative Actions 7

1. *too much TV*
- 2.
- 3.
- 4.
- 5.

Physical Health

Positive Actions 3

1. *exercise*
- 2.
- 3.
- 4.
- 5.

Negative Actions 7

1. *smoking*
- 2.
- 3.
- 4.
- 5.

Circle the **best answer** about using common sense when it comes to self-defence.

1. Which is an appropriate place to use Karate?
 - a. At school
 - b. At home
 - c. At Church
 - d. In Karate class
2. When should we use Karate?
 - a. If someone calls us a bad name
 - b. When someone bumps into us
 - c. If a stranger tries to take or hurt us
 - d. When brothers or sisters are bothering me
3. If someone really makes us mad we should...
 - a. Call them a really bad name
 - b. Walk away and take a cool down moment
 - c. Punch them right on the nose
 - d. Talk bad about them behind their back
4. If a stranger approaches us we should...
 - a. Accept candy from them
 - b. Get in the car with them
 - c. Keep our eyes on them and get away as quickly as we can
 - d. Flying side-kick them in the belly
5. When we get good at Karate we should...
 - a. Show everybody at school by beating up on people
 - b. Practice self-control and save it for Karate class
 - c. Punch or kick holes in the walls at home or school
 - d. Play fight with our friends
6. If a bully is picking on us we should...
 - a. Punch them before they hurt us
 - b. Put our fists up and make a warrior face
 - c. Get in a self-protection stance and tell them to back off
 - d. Get a group of friends to beat them up

BLACK BELT EXCELLENCE