

BLACK BELT EXCELLENCE

MAY 2022

HAVE COURAGE AND BE BRAVE

NAME:

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5 AWESOME WAYS TO HELP DEVELOP COURAGE:

1. Accept failure when it comes. Don't beat yourself up over it. The only thing you can do is learn and move forward.
2. Don't shy away from fear. Fear is a healthy, normal emotion that can also be a great source of motivation.
3. Try something new every day. Taking small risks helps you prepare for bigger ones by boosting your confidence.
4. Find courage in numbers. It's much easier to act in the company of even one other person who feels the way you do.
5. Have faith in yourself. Courage involves trusting yourself and believing in yourself.

COURAGE CONQUERS ALL THINGS

Andrew wanted to be on his martial arts school's demonstration team, but he was scared of being in front of crowds. He wanted to put on shows with his friends from class, but he couldn't get over his stage fright. Every time he thought about being in front of all those people he got sweaty and nervous. He had a goal he wanted to reach but fear was getting in the way. He needed to develop courage.

Andrew didn't shy away from his fear. He knew to overcome it he would have to accept it. He started raising his hand in class more often and volunteering to demonstrate techniques. His friends helped him boost his confidence by providing support and encouragement. After some time and hard work he was able to fight through the fear and gain the courage he needed.

Fear can definitely get in the way of accomplishing your goals. Andrew overcame his fears and reached his goal. Your goals don't need to include performing in front of large crowds, but I believe you could do it! Maybe your goal is getting straight A's on your report card. Maybe it's earning your black belt. Be obsessed with what you're obsessed with. Research, learn, and dream. Overcome your fears!

HAVE A BLACK BELT EXCELLENCE MINDSET!

When I was younger, my martial arts demo team performed at a Miami Heat basketball half-time show. I loved the NBA and wanted to grow up to be a professional basketball player. I was so scared to go out on the floor and perform. I looked to my friends and gained strength. My dad gave me a much needed pep talk. I looked out at the lights and decided those lights were for me.

Martial arts helped me overcome my fears. I know I wouldn't be the man I am today if I didn't train hard and earn my black belt. I learned how to defend myself against bullies. I learned how to be a good friend and a team player. I learned how to overcome my fears. I learned how to be courageous.

When you put things off due to fear, that fear only grows and gets worse. Now are your mountain climbing days! What does that mean? It means you are young and full of life. It means you can accomplish anything you put your mind to. One day your knees will be sore and your back will ache when you get out of bed, but today you are young and full of energy. Now are your mountain climbing days. Go out and conquer whatever your particular mountain may be.



"BEING BRAVE ISN'T THE ABSENCE OF FEAR. BEING BRAVE IS HAVING THAT FEAR BUT FINDING A WAY THROUGH IT."

- Bear Grylls



I ALWAYS HAVE COURAGE:

COMPLETE THE FOLLOWING COURAGE ACTIVITY BELOW. ANSWER THE QUESTIONS AND HAVE SOME FUN!

1. HOW WOULD YOU EXPLAIN WHAT COURAGE IS TO SOMEONE ELSE?

2. WHAT IS THE BRAVEST THING YOU'VE EVER DONE?

3. YOUR FRIENDS AND FAMILY CAN BE GREAT WITH HELPING YOU DEVELOP COURAGE. WHO HELPS YOU? AND HOW?

4. OVERCOMING YOUR FEARS CAN HELP YOU REACH YOUR GOALS. WHAT ARE SOME CURRENT GOALS YOU'RE WORKING TOWARDS?



HOW WILL YOU GAIN THE COURAGE YOU NEED?

Let's talk about things we are fearful of. Name something that scares you and then talk about how you will gain the courage to overcome it.

Give us your courage building tips on the lines below!

NEXT MONTH: A POSITIVE ATTITUDE LEADS TO POSITIVE OUTCOMES.

LET'S FIND COURAGE IN STORYTELLING!

I'm sure you all love watching movies and reading books. My favorite ones are stories about courageous characters overcoming seemingly impossible odds. Do you have a favorite courageous character? Pick one and fill in the lines below!



My current favorite courageous character is Mirabel Madrigal.

THE STORY: Encanto follows a multigenerational Colombian family, the Madrigals, led by a matriarch whose children and grandchildren – except for Mirabel – receive magical gifts from a miracle that helps them serve the people in their rural community called the Encanto. When Mirabel learns that the family is losing their magic, she sets out to find out what is happening, and save her family and their magical house. Mirabel is a courageous hero!

MY FAVORITE COURAGEOUS CHARACTER IS:

WHAT DO YOU LIKE ABOUT THEM?:

WHAT WAS THE CHARACTER'S MISSION OR GOAL?:

HOW DID THIS CHARACTER OVERCOME FEAR AND GAIN COURAGE?:

WHAT LESSON DID YOU TAKE AWAY FROM THIS CHARACTER?:

Parent's Signature:

Date of Completion: / /