

# BLACK BELT EXCELLENCE

AUGUST 2022

HUSTLE  
FOR THE  
MUSCLE

NAME:

# HUSTLE FOR THE MUSCLE

## 5 KICKIN' WAYS YOU CAN BUILD PHYSICAL & MENTAL STRENGTH:

1. SET AND ACHIEVE GOALS. With each goal you achieve, you'll gain more confidence in your ability to succeed.
2. CHANGE YOUR NEGATIVE THOUGHTS. Replacing negative thoughts with realistic expectations can help you stay on course!
3. DO ONE HARD THING EVERY DAY. You don't improve by accident. Challenge yourself and you will see results.
4. STICK TO LOWER REPS. If you want to improve your push-ups, do 10 at a time. Don't overdo it too quickly.
5. EAT HEALTHY! We all love junk food, but you need to eat healthy vegetables and drink water to build strength.

## NO STRUGGLE = NO STRENGTH

Tommy had a very important belt test coming up. How was he going to prepare? He knew it was going to take strength and practice. It's easy to show up to class on time with your uniform ironed and your belt tied well. It's harder when you get home and have to practice. He decided to practice his martial arts like his instructor was in his home watching. Every kick was higher than ever, every punch was stronger than before. His mental strength improved his physical strength.

Tommy knew it was going to take a lot of hard work to reach his ultimate goal: BLACK BELT. At this point he was really good at doing forms and techniques, but he still couldn't do sit-ups. He was growing and needed to be in better shape. He started by doing 10 every day. After a couple weeks he was able to do 50 at once. Building strength takes hard work and repetition.

Tommy practiced every day. He pushed himself harder than ever in class. He did push-ups in his bedroom before school every morning. Fitness isn't always fun, but it feels great and it makes you a better, healthier person. He wanted to be the strongest person in class and he is well on his way. Martial Arts teaches us to persevere through the pain. There is always room for improvement!

## HAVE A BLACK BELT EXCELLENCE MINDSET!

When we train hard this month we need you to think like a champion. You should actually look forward to each exercise and say "BRING IT ON" knowing that the more you train the stronger you will get.

Another part of strength is mental toughness. This is your determination to not give up. This strength is developed with resistance. When you do a few push ups and stop you don't get stronger. You only get stronger on the last few that are really tough. To get strong you need to get to the point of it being difficult. To get strong we need the mental toughness and positive attitude to get to the point when things get a little hard and you keep trying. That's the difference between a top athlete and an average one. As a black belt in training it's very important to develop the mental toughness in order to become physically strong.

Every day you have choices: Get up or stay in bed longer. Mess around in school or pay attention to the teacher. Speak well of others or talk behind someone's back. Treat people with kindness or be rude. It takes personal strength to make the best choices. The best choice may not be the most fun, the easiest or the most popular but black belts in training have the strength to do what's right. Be Martial Arts STRONG!



**"I DON'T COUNT MY SIT-UPS; I ONLY START COUNTING WHEN IT STARTS HURTING BECAUSE THEY'RE THE ONLY ONES THAT COUNT."**

- Muhammad Ali



# I AM EXTREMELY POWERFUL:

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

1. PRACTICING AT HOME IS IMPORTANT. HOW DO YOU IMPROVE YOUR MARTIAL ARTS WHILE YOU'RE HOME?

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2. IMPROVING ISN'T ALWAYS EASY. HOW DO YOU OVERCOME OBSTACLES WHILE TRAINING?

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3. WHAT MARTIAL ARTS SKILL WOULD YOU MOST LIKE TO IMPROVE? HOW ARE GOING TO DO IT?

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4. WHAT IS YOUR BIGGEST STRENGTH? WHAT WOULD YOUR FRIENDS AND FAMILY SAY IS YOUR BIGGEST STRENGTH?

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## HOW DO YOU FIND YOUR STRENGTH?

Finding and building your strength takes focus and discipline. What do you do to get strong? Do you practice push-ups instead of watching television? Give us your strength building tips on the lines below!

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**NEXT MONTH: I BELIEVE IN MYSELF**

**FITNESS:** *Let's gain physical strength through fitness. Grab a marker and color in the bar as you complete each goal. Take your time and go at your own pace. This isn't a race.*

**LET'S DO 100 PUSH-UPS!**

25	50	75	100
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**LET'S DO 100 SIT-UPS!**

25	50	75	100
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**LET'S DO 200 JUMPING JACKS!**

50	100	150	200
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**LET'S STRETCH FOR ONE HOUR!**

15 min	30 min	45 min	1 hour
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**HEALTH:** *Listen, I wish cupcakes and ice cream were healthy food choices too. But this month let's try to eat a little healthier. Fill in the space below with some healthy foods you love. Make a list OR draw some pictures if you're extra awesome!*