

BLACK BELT

EXCELLENCE

APRIL 2022

STAY LASER FOCUSED

NAME:

STAY LASER FOCUSED!

5 AWESOME WAYS TO IMPROVE YOUR FOCUS:

1. DISCONNECT. Turn off your phone and the TV! When you're working on a task you need to eliminate all distractions.
2. TIDY UP. Clean your room! I know it doesn't sound fun, but having a cluttered space leads to a cluttered mind.
3. DON'T BE LAZY. Don't lay around all weekend! Being active stimulates your mind, helping to improve focus.
4. MEDITATE. Find a quiet place where you won't be disturbed, close your eyes, and just concentrate on breathing.
5. EAT HEALTHY. Your brain needs good, healthy food to be able to function and focus correctly.

WHERE FOCUS GOES, ENERGY FLOWS:

There are a lot of ways to think about focus. I'm going to briefly talk about a few below. We can focus on reaching goals. We can focus on techniques and improving our martial arts skills. We can focus on enjoying our lives. We can focus on the future!

We always talk about setting and reaching goals in Martial Arts. Goals are only achievable when you have laser-like focus. A goal without focus is simply a dream that won't come true.

Focus on technique. Focus is a skill we all begin to learn on day one of our martial arts classes. We quickly understand that having good focus will be important to learning our forms, improving our techniques, and moving through belt ranks. Focus is the ability to concentrate without being distracted. Every drill and technique you practice requires focus to improve.

Focus on the fun! Martial Arts is also about having fun. We can't forget that. Next month we're going to be talking about optimism and the importance of enjoying all the little things in life. Don't let yourself get discouraged when you're struggling to perfect your techniques. Focus on the fun of learning and you'll improve.

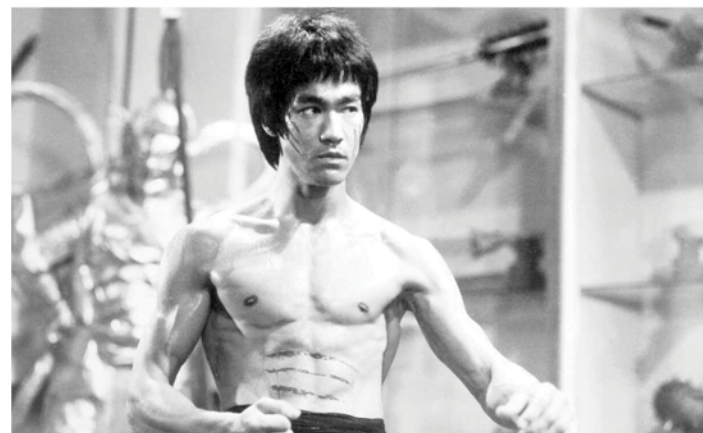
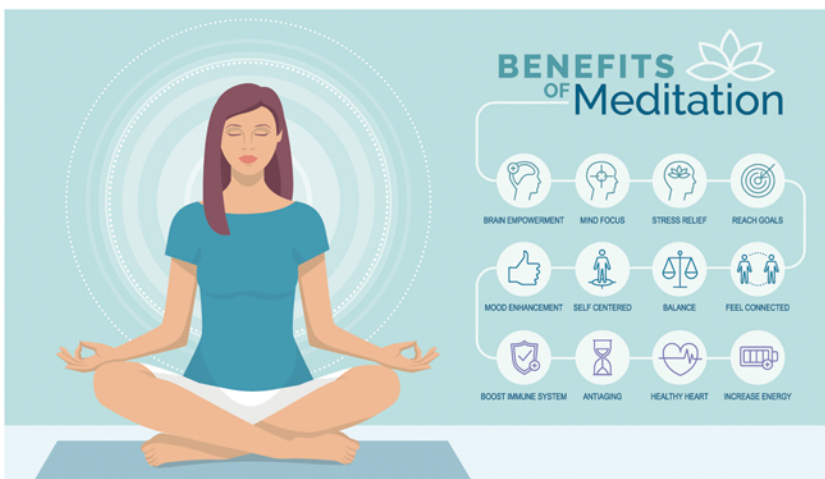
I want you to focus on the future. I want you to focus on what you want your life to be. You become what you think about the most. If you think about all the negative things in your life or remarks you hear, you tend to notice them more and more. I want you to focus on positive thinking and the things you do well. This will come around and help you improve the things that need work.



"THE SUCCESSFUL WARRIOR IS THE AVERAGE MAN, WITH LASER-LIKE FOCUS."

- Bruce Lee

HAVE A BLACK BELT EXCELLENCE MINDSET!



SHARPEN YOUR FOCUS:

Complete the following FOCUS activity below. Answer the questions and have some fun!

1. THIS MONTH I WILL FOCUS MORE ON MY: *SCHOOL WORK*

THIS IS HOW I'LL DO IT:

THE POSITIVE RESULTS WILL BE:

2. THIS MONTH I WILL FOCUS MORE ON MY: *CHORES AT HOME*

THIS IS HOW I'LL DO IT:

THE POSITIVE RESULTS WILL BE:

3. THIS MONTH I WILL FOCUS MORE ON MY: *MARTIAL ARTS*

THIS IS HOW I'LL DO IT:



LET'S FOCUS ON MEDITATION

Meditating is a great way to improve your focus. It can be as simple as quietly sitting for 10 minutes with no distractions. How do you practice meditation and how does it make you feel? Share below!

NEXT MONTH: HAVE COURAGE AND BE BRAVE.

LET'S BRING THINGS INTO FOCUS

HERE ARE SOME ACTIVITIES YOU CAN DO AT HOME THAT WILL HELP SHARPEN YOUR FOCUS. GRAB A MARKER AND COLOR IN THE BAR AS YOU COMPLETE EACH GOAL!

READ A NEW BOOK!

10 PAGES

20 PAGES

30 PAGES

40 PAGES

BE CREATIVE! Build something, write a story, practice drawing, etc.

15 min

30 min

45 min

1 hour

PRACTICE QUIET MEDITATION.. shhhh

15 min

30 min

45 min

1 hour

PRACTICE YOUR MARTIAL ARTS! (of course)

15 min

30 min

45 min

1 hour

Let's visualize! We talk a lot about setting and reaching goals in Martial Arts...In the space below, show us how you focus on those goals. Draw, scribble, make it fun!



Parent's Signature:

Date of Completion: / /