

BLACK BELT

EXCELLENCE

MARCH 2022

TEAMWORK MAKES THE DREAM WORK.



NAME:

TEAMWORK MAKES THE DREAM WORK!

5 QUALITIES THAT WILL MAKE YOU A GREAT TEAM PLAYER:

1. RELIABILITY. Show up prepared and on time. Don't be afraid to share your ideas.
2. COMMITMENT. Focus on the overall success of the team and the inclusion of everyone in it.
3. COOPERATION. Work positively with others. Figure out ways to overcome any differences.
4. POSITIVE ATTITUDE. A positive attitude always leads to positive outcomes!
5. RESPECT. Respect helps to promote a positive culture. Respect yourself and respect your peers.

THERE IS NO 'I' IN TEAM:

I think I was a pretty shy kid. A lot of kids are. It can be hard when you're starting a new grade, or going to a new school. There are so many new faces around. Who do you talk to? How do you make friends? Eventually you do find your people and those friendships that are built can be some of the most important relationships in your life.

I met most of my best friends in Martial Arts classes. It really helps when you have a shared interest and you're working together to learn a skill. The confidence I built through Martial Arts helped me overcome my shyness. I started performing in the school talent shows with my friends. We competed in tournaments together. It really changed my life and made me a happier person.

Martial arts might seem like it's all about improving your own skills, but teamwork is a huge part of it as well! Practicing with your classmates is teamwork. You can help your friends improve by working together as a team, showing good judgement, and holding each other accountable. Increasing the morale of one student in the class has a domino effect and creates more positivity for the entire class.

If one of your goals is to compete in tournaments, you'll quickly see how competition can bring you closer to your teammates. Everyone participates and cheers each other on! Your school is in it together to help everyone rise up and push through. You look out for each other and share the common goal of winning that awesome trophy.

I love Martial Arts. I love getting better at techniques. I love practicing forms over and over again until they're close to perfect. But I love the friends I made along the way most of all. The camaraderie and teamwork that comes along with Martial Arts is an incredible bonus. It's fun to be part of a team!

HAVE A BLACK BELT EXCELLENCE MINDSET!



"THE STRENGTH OF THE TEAM IS EACH INDIVIDUAL MEMBER. THE STRENGTH OF EACH MEMBER IS THE TEAM."

- Phil Jackson



WE'RE ALL IN THIS TOGETHER:

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

1. WHEN YOU HEAR THE WORD TEAMWORK, WHAT COMES TO YOUR MIND?

2. WHAT DO YOU THINK MAKES A GREAT TEAM?

3. WHAT DO YOU THINK IT LOOKS LIKE TO HAVE A GREAT ATTITUDE AS A TEAM MEMBER?

4. HOW HAVE YOU SHOWN TEAMWORK THIS WEEK? DO YOU HAVE AN EXAMPLE INVOLVING MARTIAL ARTS?



LET'S TALK ABOUT YOUR BEST FRIENDS!

TEAMWORK AND FRIENDSHIP CAN GO HAND IN HAND!

On the lines below, tell us about how friendship is important to you. What does it mean to be a friend? What makes a good friend? Did you meet your best friends at your Martial Arts school?

NEXT MONTH: STAY LASER FOCUSED.



LET'S WORK TOGETHER!

Grab a buddy from your class and work together on this activity.

DEMONSTRATE A TECHNIQUE YOU'RE WORKING ON AND HAVE YOUR BUDDY WRITE DOWN SOME NOTES ON HOW YOU CAN IMPROVE. OR JUST SOME POSITIVE AFFIRMATIONS!

1.

NOW SWITCH! HAVE YOUR BUDDY DEMONSTRATE A TECHNIQUE AND WRITE DOWN SOME NOTES FOR THEM ABOUT HOW THEY CAN IMPROVE. OR JUST SOME POSITIVE AFFIRMATIONS!

2.

BRAIN STORM TOGETHER AND DESIGN THE PERFECT MARTIAL ARTS SCHOOL. WHAT WOULD IT LOOK LIKE? HOW BIG WOULD IT BE? COLLABORATE AND TAKE TURNS DRAWING YOUR GREAT IDEA!

3.



Parent's Signature:

Date of Completion: / /