

Confidence Kit

Thinking of martial arts for your child?

When thinking of martial arts, only one word should come to mind.

CONFIDENCE

C - Champion

O - Outgoing

N - Notable

F - Focused

I - Independent

D - Determined

E - Energetic

N - Noble

C - Courageous

E - Extraordinary

It is that time of year. Summer is quickly coming to an end.

Parents and school-aged children are beginning to prepare for back-to-school time. You head out to the stores to purchase back-to-school clothes, new backpacks and school supplies. Yet, there is one thing your child needs that cannot be purchased at the store – **confidence**. Confidence is a key component to a successful school year and can separate those students who will succeed from those who will find themselves struggling from September to June.

As your child prepares to head back-to-school, think about the following questions and ask yourself, “***Does my child have the back-to-school confidence he or she needs?***”

- Does my child make eye contact with adults?
- Does my child have the willingness to participate in the classroom?
- Does my child have friends?
- Does my child exhibit good posture and hold his/ her head high?
- Is my child open to trying new things and new situations?
- Does my child exhibit control over situations such as a studying for a big test or planning for an important school project?
- Can my child speak up for him or herself in dangerous situations?

Confidence is one of the most important life skills. One of the best ways to evoke confidence is through personal achievement. The more one achieves, the more confident one feels. Confidence is learned and most importantly, confidence can be taught.

Did you know Martial Arts can positively contribute to a child’s confidence?

At the core of a quality Martial Arts program students are expected to perform their very best - on an individual basis. By experiencing their own level of success, without the pressure of comparing themselves to others, the students slowly build their self-esteem and continue to challenge themselves to perform better each time.

Students enrolled in a quality Martial Arts program learn crucial life skills which can be then be used in life and most importantly in *school*. Students enrolled in quality Martial Arts programs can:

1. Learn to Think for Themselves - When a child learns to develop their own critical thinking skills they are also learning to become an active participant of society and are better positioned to make clear choices. Critical thinking is often over-looked in schools despite its importance. Martial Arts training encourages students to be aware of their thinking as they perform certain tasks. They then use this awareness as a way to perform better. By critically thinking through exercises and activities students increase their confidence *and* their skills.
2. Learn How to Process Practical Knowledge - Martial Arts training applies practical experience and guides students with the knowledge of specific techniques that will become

part of their continued Martial Arts trainings. Through the learning of these techniques the student becomes more confident in their abilities. They learn to appreciate the value of practicing and understand that in order to fully develop, they need to invest in their knowledge.

3. Benefit From the Direction of Skilled Mentors - Not only do the Martial Arts instructors provide demonstrations of key techniques, the instructors also serve as positive role models to young, impressionable children. The instructors directly and indirectly model confidence and positive behavior traits to their students while also encouraging a mutual level of respect and friendship. Often, our instructors share personal experiences from their past with the students as a way to teach and deliver key messages.
4. Succeed and Learn From Their Mistakes - Both successes and mistakes are an important part of the Martial Arts experience. In the same way that a child learns from their mistakes in school or in life, mistakes in Martial Arts are looked at as way to learn, try again and move closer to the end goal and a personal level of success.
5. Develop Personal Strengths - The pressures faced by young children while in school and their community can be intense. Martial Arts encourages students to do their best while also focusing on those areas in which they excel. By doing this, children develop a greater sense of confidence and this confidence stays with them as they grow and mature.

Students involved in Martial Arts training have a desire to learn and succeed inside and outside the Martial Arts studio.

Martial Arts trained students can effectively work under pressure and remain focused on the task at hand. The qualities encouraged through Martial Arts are skills students use in the classroom and at home. Students complete classroom tasks and homework assignments independently and are motivated to maintain good grades. They remain calm and focused while taking tests and can handle the pressures of school without feeling weak or overwhelmed.

Martial Arts training helps develop the confidence students need to also participate in other school activities. Martial Arts students volunteer for opportunities within the classroom and are viewed as natural leaders on sports teams and amongst their friends. Because of the continual support and encouragement received through Martial Arts training, students progress through their school years feeling valued with the desire, and drive, to succeed.

Martial Arts training benefits a different aspect of the school experience – the social aspect. A child who lacks confidence often finds themselves the victim of bullying on the school bus, playground, in the hallways and in the classroom. When a bully is choosing their victim, they tend to focus on the weakest, most vulnerable children. A child who lacks confidence clearly exhibits a heightened level of vulnerability.

Bullying is as much mental as it is physical. Children who study Martial Arts are encouraged to maintain proper posture, make eye contact and stand their ground, only resorting to their Martial Arts training as a form of self-defense and never as a way to promote violence. Through Martial Arts children learn to exhibit confidence, master key self-defense techniques and also have the mental strength and focus needed to neutralize violent situations.

While you are thinking about back-to-school and the supplies needed for a successful school year make sure you don't forget the importance of instilling confidence. Success through

Martial Arts can easily translate to success in life. Get a head start on your back-to-school preparations and choose Martial Arts as your partner for the upcoming school year. By choosing to enroll your child in Martial Arts you are positioning your child to achieve their absolute best – in life and in school.