

MAY 2017

week 1

"KNOWLEDGE WILL GIVE YOU POWER, BUT CHARACTER RESPECT."

- BRUCE LEE

week 2

"CHARACTER CANNOT BE DEVELOPED IN EASE AND QUIET. ONLY THROUGH EXPERIENCE OF TRIAL AND SUFFERING CAN SOUL BE STRENGTHENED, AMBITION INSPIRED, AND SUCCESS ACHIEVED."

- HELLEN KELLER

week 3

"PEOPLE DO NOT SEEM TO REALIZE THAT THEIR OPINION OF THE WORLD IS ALSO A CONFESSION OF CHARACTER."

- RALPH WALDO EMERSON

week 4

"HABITS CHANGE INTO CHARACTER."

- OVID

PARENT/GUARDIAN LETTER



Dear parents and/or guardians...

This month we are learning about character. Having a good character is essential to earning your black belt and living your life in a positive manner. Building good character with positive qualities is important to the growth of every child. Parents need to help their children develop strong character traits while maintaining a fit and healthy body. You want your children to have honesty, dignity, courtesy, humility, tenacity, respect, discipline, focus and so much more as they continue to grow and learn to become productive teenagers, adults and black belts.

HOW CAN YOU HELP?

- Educate your children. Teach them about the different attributes and traits people can have. Be sure to educate them on both positive and negative characteristics and why each can be beneficial or detrimental to their success in school, family, work and martial arts.

- Be a role model. Qualities such as confidence and honesty are things that you should model for your children to emulate. Children learn best by observing their role models — you. If you want children to have these character traits, be honest with them and be confident.
- Work on physical qualities with your children. If your child's goal is to be a black belt, help them practice at home with drills that can improve their agility, speed and balance. Do yoga at home together as a family for quality time while helping improve their skills needed for other avenues of life.
- Expand your child's mental qualities. Play games together as a family that help children focus, learn timing, learn rhythm and expand their knowledge.

Character

YOUR CHARACTER IS COMPOSED OF MANY DIFFERENT QUALITIES. YOUR CHARACTER IS A MAJOR DETERMINING FACTOR TO YOUR SUCCESS IN LIFE.

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