



SO, YOUR CHILD WANTS TO “TAKE A BREAK!”

At a national seminar a few years ago, the speaker – a sixth degree black belt, asked the audience, which was made up of over 250 black belt level instructors, the following question: “If you could give you \$50,000 right now for your black belt and all of your positive experiences and attributes you have gained as a result of achieving that black belt, how many of you would take my check?”

Not a single hand went up.

However, ask any black belt if there was a time during training that that there was a temptation to quit, you will almost always get a “yes.”

Ask the same black belt if he or she wishes now that they had just given up when tempted however, and they’ll almost always tell you “no way!”

So, your child wants to quit.

This is not a seasonal sport. This activity is a way of life; a way to learn life’s rules: how to finish what you start, how to be **patient, self-controlled, truthful** and build other important character traits.

The personal attributes of **perseverance** and **goal attainment**, learning to set goals and achieve them, are perhaps the most important and valuable qualities acquired by a martial artist during the course of his or her training. These are qualities that separate the **doer** from the **quitter** throughout a lifetime, whether in pursuit of a college degree, a career challenge, or a difficult personal situation. The very structure of the belt ranking system provides a systematic way for students to set and meet goals. Young people need to have realistic goals that mean something. They also need our support and motivation to achieve them.

From the greatest sincerity comes the greatest achievement. - Confucius

As students move into our intermediate and advanced training programs, they begin to internalize the mental aspects of **character, self esteem, self-control, and concentration**, along with the ongoing development of **strength, balance, leverage, timing** and the advancement of other martial arts skills.

As challenges increase and rank promotion begins to require more work however, it’s not uncommon for young students, even older students, to become temporarily discouraged. It’s up to us as parents, instructors and supporters to make the difference between a child who meets and over overcomes challenges and one who merely gives up. Your encouragement of your child’s efforts takes on new significance at this time.

Parents, let’s face a cold hard fact: **YOU** are responsible for designing, developing and instilling your child’s value system. It IS true that if you “train a child in the way he or she should go and when he is old, he will not depart from it.” May you and your child’s vision of tying the Black Belt around him or her soon become a reality. Together, we can make it happen!!



Kicks In Motion MMA is completely committed to assist in every way possible to help your child become a **well skilled, highly confident, self disciplined** Black Belt.