

Knowledge

Week 1

"Education's purpose is to replace an empty mind with an open one."

Malcolm S. Forbes, American publisher, founder of *Forbes* magazine

Translation for Adults

Martial arts training opens your mind, preparing you to be more receptive to learning at any age. You are constantly introduced to new concepts, and challenged to memorize self-defense skills, which helps your mind stay sharp and in a continuous state of learning. You gain more knowledge, especially about yourself; you receive a variety of information that broadens your thinking; and you acquire the power to see the possibilities of the world.

Translation for Children

An open mind helps you to make the right choices. You'll be able to understand information better, form your own opinions and make your own decisions. Imagine if a friend told you that a hot fudge sundae tasted terrible, and your friend did not understand why anyone ever ate one? If you accepted what your friend said, then you wouldn't be thinking for yourself. The right choice is to taste a hot fudge sundae, and then you'll know it tastes great. Don't always rely on what others tell you. Learn and think for yourself. You'll make better choices and the right decisions throughout your life.

Class Discussion for Children

1. Has anyone ever told that you wouldn't like something, such as a hot fudge sundae? Did you keep an open mind and try it yourself? Did you decide that you liked it?
2. What have you learned in your martial arts class that made you think of something in a new way?

Week 2

"It's not knowing what to do, it's doing what you know."

Anthony Robbins, personal development expert

Translation for Adults

Many people know what to do if they want to lose weight, be promoted at work or have a strong family. Knowing what to do, and then taking action are two different things. Acting on what you know is what will make the biggest difference in your life. Exercising will help you lose weight. Working your best at work will often result in a promotion. Spending time together as a family will make your family strong. Knowledge is power, but applying what you know is more powerful.

Translation for Children

You know that you have homework and chores to do. You also know that you must listen to your parents. You'll grow and become a better person if you take control of your life. Do what you know you should do without anyone asking you to do it. Study for that extra couple of minutes. Do an extra chore. Practice what you know in karate class. You'll become a GREAT Black Belt.

Class Discussion for Children

1. What should you be doing that you are not doing yet?
2. How can you make sure you do those things?

WORDS OF THE WEEK

MOTIVATIONAL LESSONS FOR CHILDREN AND ADULTS

Week 3

"Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens."

Carl Jung, Swiss psychiatrist

Translation for Adults

To pursue a worthwhile goal or find a solution to one of life's setbacks, you first must think about your standards and core values. Always look inside yourself and be guided by your values. The paths to your goals and the solutions to life's challenges will become crystal clear. Don't waste valuable time making excuses or placing blame when your plans go astray. You have the power and the answers inside to make great things happen.

Translation for Kids

Simply wishing to earn a Black Belt or better grades on your next report card won't make them happen. You must rely on yourself to reach your goals. You're awesome when you take charge of the choices you make. A poor choice is blaming others when things don't go your way. You'll learn more, achieve more, and feel much happier when you act responsibly and try your best. If Tony Hawk doesn't win a championship, he doesn't blame his trainer. He looks deep inside himself, and works harder to find a way to win the next championship.

Class Discussion for Children

1. Have you ever blamed someone else for your actions, or when things are wrong?
2. What have you learned in your martial arts class that has taught you how to look inside yourself to do better?

Week 4

"An investment in knowledge always pays the best interest."

Benjamin Franklin, an American Founding Father

Translation for Adults

Spend your time wisely. Just as you invest in your bank account, you must also invest in your "mind" account. You earn very little interest when you only invest pennies in your bank account. The interest grows exponentially, however, when you invest larger amounts. Make larger investments in your mind. Read as much as you can, learn as much as you can and just like your bank account, your "mind" account will grow exponentially.

Translation for Kids

The word "contribute" means to put in or invest. Contribute in class, and you'll help your classmates and yourself to learn more and become better citizens. Contribute to your family by doing chores at home. You'll help to make your family happier and your home a better place to live. Reading books and making your best effort in school is your contribution to learning and your mind. Everyday, you must decide which investments are most important for you. Which decision do you think is a better investment: Playing video games and watching MTV or studying for a big test?

Class Discussion for Children

1. How much time are you willing to invest in learning, and grow as a person?
2. How and when will you invest that time to reach your goals?