

U.S. MARTIAL ARTS

Life Skills:

January - Reading

We discuss why reading is so important and how it can change your life.

February - Confidence

Students learn why confidence is so important and how to use it.

March - Action

Plans are great, goals are important, but nothing happens until you take action.

April - Motivation

We discuss what motivation is and more importantly, how to stay motivated.

May - Nutrition

We talk about good foods and bad foods and challenge the students to eat healthy.

June - Attitude

Positive attitudes = positive outcomes. Students learn how to develop a great attitude.

July - Perseverance

When things get tough, remember "I Can". Perseverance is the cornerstone of success.

August - Respect

Respect others as well as their property. Be a role model by giving respect to all.

September - Goals

Set goals for your education, set goals for things you want, start learning to set goals.

October - Integrity

Do the right thing even if nobody is looking. Don't lose your integrity with bad decisions.

November - Self Control

Everyone gets angry, you must use self-control to manage yours. Tips and best practices.

December - Communication

How to be an effective communicator. How mis-communication can cause problems.