

Karate Goals

**Karate is NOT a sport or activity. Karate is a Martial Art (military art),
A highly disciplined form of self-improvement.**

Parent's goals for their children:

1-Respect:

WHO: For family, friends, teachers and people of authority.

WHAT: Home, toys, clothes and possessions.

2-Self-discipline: (self-control – concentration)

PHYSICALLY: controlling their bodies, eyes, and actions.

MINDS: Controlling thoughts, attitudes and learning strong morals.

3-Health:

EXERCISE: Overall fitness, stretching, coordination and reinforcing good eating and sleeping habits while avoiding bad habits such as smoking and drugs.

STRESS RELEASE: Children also experience stress.

4-Self-confidence:

Performing and speaking in front of others.

Setting and attaining goals.

5-Self-defense:

No parent likes the thought of someone picking on their child or more importantly someone kidnapping or abusing their child.

Key concepts:

**Honor – Courage – Loyalty – Integrity – Patience – Dedication – Courtesy
Leadership – Responsibility – Perseverance – Commitment.**

Parents need to make wise choices for their children. Children change their minds often. It is the parent's responsibility to choose activities that will strengthen their children and prepare them for the outside world. In my experience, it takes a long time for a child to achieve the goals listed. I believe they start to understand the importance of these concepts usually around the time they achieve their brown belt. Of course, the longer children train the more they hone their skills, develop strong habits and develop these attributes. True martial artists never quit. Just as you don't wake up one day and say "I don't need to brush my teeth any more. I know how to do it." You don't ever stop needing exercise, self-discipline, stress release or all the attributes listed. Our goal for your child is to use the concept of Kaizen (constant and never ending improvement) to build life-long habits that enrich all aspects of their lives.

Parents, your children need your commitment to keep them going until they reach their goals. **Consistency** and **perseverance** are necessary. David Lowery writes, "In a world where values were turned upside down, where fashions came and went from love beads to psychedelic underwear, the budo were steadfast...the etiquette, the methods, the challenges-all were the **same** for us as they had been for my teachers and their teachers before them...we always knew we could depend on it"

Please don't hesitate to call me or come see me if you have a problem with respect, aggressive behavior, poor schoolwork etc. My job is to support parents in teaching good behavior and correcting bad behavior. Together we can help your child, society and our country. **Strong discipline and strong morals are the keys.**

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