



# Black Belt EXCELLENCE

## CONFIDENCE

One of the highest life skills we can teach in Martial Arts is confidence. Confidence is the major foundation that all other life skills are built on. Confidence is the feeling of being self assured. It is that powerful feeling needed to take charge, to try new things, to build relationships and to have a positive outlook on life.

Many people believe confidence is an attitude you are born with. It is actually a skill we can develop by changing certain beliefs. 80% of children going into first grade have strong self-confidence. When those children reach third grade only 20% of them will show signs of strong self-confidence. This is evidence that confidence comes from beliefs that are formed by references. The stronger the references, the stronger the beliefs.

Compare this to a table, the legs being references. The more legs, the stronger the table.

Now imagine the table is your belief. The more references, the stronger the belief. Now let's go back to those confident first graders. Their belief of confidence came from their parents, grandparents, brothers, sisters, and friends. Now they hit first grade and other kids can be cruel. Or maybe they start comparing themselves with other kids. Or maybe they answer a question wrong and someone laughs at them. All of a sudden their positive references get replaced by negative ones and the legs of the table begin to crumble.

In Martial Arts we must build confidence in the students in order for them to learn Martial Arts. We do this at first by becoming "good finders" and pointing out the good in each student. We try not to compare students but rather point out the best in the individuals. We then start progressing from easy material to more challenging, showing the students they can achieve goals and overcome obstacles. We teach them to stand tall. We teach them respect and how to make good eye contact, We show them that speaking loud and proud shows confidence and we teach them self-defense to make them feel safe. Later on it begins to snowball because confident kids try more things and have more successes. The confidence grows!

**This month share confidence by inviting some friends in for a trial class – see your instructor for a guest pass!**

This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required for students seeking to earn belt advancement.

**Student Name:** \_\_\_\_\_

**Student Rank:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**DUE BY: March 15<sup>TH</sup>**

### 5 Requirements of the BBE Stripe

- Responsible behavior at home
- Responsible behavior and passing grades at school
- Overall performance and attendance at the dojo
- Participation in BBE Mat Chats in class
- Returning the BBE monthly activity

Monthly Activity:

Circle the photos that show someone with confidence. Put an X over the photos that show someone with no confidence.



Student's Name:

Parent's Signature:

Date of Completion:    /    /