

JULY 2017

Week 1

“IF YOU BELIEVE IN YOURSELF AND HAVE DEDICATION AND PRIDE – AND NEVER QUIT, YOU’LL BE A WINNER. THE PRICE OF VICTORY IS HIGH BUT SO ARE THE REWARDS.”
CHARACTER RESPECT.”

– PAUL BRYANT

Week 2

“BE ALL IN OR GET OUT. THERE IS NO HALFWAY.”

– UNKNOWN

Week 3

“WE ALL HAVE DREAMS. BUT IN ORDER TO MAKE DREAMS COME INTO REALITY, IT TAKES AN AWFUL LOT OF DETERMINATION, DEDICATION, SELF-DISCIPLINE, AND EFFORT.”

– JESSE OWENS

Week 4

“PASSION IS ABOUT DOING WHAT YOU LOVE. DEDICATION IS PERSEVERANCE AND HARD WORK. ADD THEM TOGETHER AND IT EQUALS FUEL FOR SUCCESS!”

– BROOKE GRIFFIN

PARENT/GUARDIAN
LETTER



Dear Parents and/or Guardians...

This month we are learning about dedication and why it is important to understand. It is important for your children to realize they need to stay committed and persevere in the sport of martial arts to reach their goals whether it be to lose weight, get in shape, learn self defense or to obtain their black belt. To do this they need dedication to their sport.

HOW CAN YOU HELP?

- Encourage your children when they show a great interest. Your child might excel in math, sports, or art, but when they show you or tell you how much they love something, help them focus their energy to find their passion in life.

- Volunteering. Let your children volunteer in activities they want to learn more about. If your child is interested in a new sport, have them attend a summer camp and be a coach, or if they love animals, let them volunteer at a local shelter. Volunteering can help open their minds and their heart to see what they can dedicate their time and passion to.
- Put in overtime. Allow your children to spend extra time practicing martial arts so they can keep climbing the belt ranks. Dedication means to keep building their skill set to reach their goals.
- Be an example. Show your children that you can accomplish a goal because of your determination. Make a simple short goal, but do not give up and have your children help you along the way to track your progress.

Dedication

DEDICATION MEANS DOING SOMETHING TO THE BEST OF YOUR ABILITY, STAYING COMMITTED AND PERSEVERING. WHEN YOU ARE DEDICATED YOU WANT TO DO A GOOD JOB AND NOT GIVE UP UNTIL YOU REACH YOUR GOALS.

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