

KNOWLEDGE IS POWER

Check off the Champion for Life missions during Weeks 1 & 3. Weeks 2 & 4 focus on keeping kids safe and healthy.

WEEK 1 - FOCUS MASTER

Focus is another word for concentration. When you are able to concentrate better and focus on what a teacher is saying to you, your brain gets stronger and learns faster.

How do you improve your focus and concentration?

By **looking**, and **listening** to your teacher, and keeping your **body still**. When you can do all 3 parts, you are a Focus Master. Next time you are learning something new, use the three levels of focus to learn faster and better.

Level 3 Focus Master

Try This! Next time a parent, teacher, adult or a friend is speaking to you try to become a Focus Master!

Level 1 – Look directly into his/her eyes

Level 2 – Clear your mind and listen

Level 3 – Stay still

MISSIONS

- ☐ When speaking to a parent, adult, or teacher, stay at level 3 focus until they are done speaking.
- ☐ Have a parent time you. Practice level 3 focus without moving for 30 seconds.
- ☐ Tell your school teacher the 3 Rules of a Focus Master.
- ☐ Practice level 3 focus in the mirror for 30 seconds.
- ☐ Teach a friend Level 3 Focus and time each other for 1 minute.

WEEK 2 - BULLY DEFENSE // PROTECT YOURSELF FROM BULLIES

You have the right to try to protect yourself. No one should physically hurt you. 1. Start by saying confidently that you do not want to fight. 2. If he/she starts to get aggressive, yell for an adult or try to run to a safe area. 3. Keep the aggressor far enough away that he/she cannot grab you or hit you. This is called the Danger Zone. 4. If he/she tries to touch you, block him/her away and protect yourself. Try to defend yourself with the least amount of strikes possible. 5. Tell your teacher, parent, principal, martial arts teacher and friends. Having a support team will help you get through it.

JACKSON RUDOLPH



Photo Courtesy of Hyper Martial Arts ©2014

UNSTOPPABLE

Jackson Rudolph started training in Martial Arts at the age 6. He soon became very inspired after his traditional school started extreme classes and he got to learn the Bo Staff. He then went on to his first tournament competition and hasn't slowed down since. He now holds over 30 World Titles!



SEE IT. HEAR IT. LIVE IT.

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WEEK 3 - GLOBAL KNOWLEDGE

Studying the world around you is a valuable tool. Knowing how other people live, communicate, speak, eat, study, and travel will give you "Global Knowledge." You can use this knowledge to understand life better, enjoy other traditions, foods, customs, and countries. Variety can be the spice of life. This education is a valuable tool for international traveling, understanding and communicating with friends, and many jobs you will want to have in the future. Make it a point to learn about other continents and countries. Here is a fun way to gain "Global Knowledge":

Pick a City and...

Write down what language they speak and pick a few basic words to memorize.

Find out what their favorite foods are and get a traditional recipe to cook.

Check out some of the customs they have and what type of martial arts they have.

Learn what famous sites are located in the area.

Try to find a documentary or travel show about the city, people, and customs.

Try to find someone who may be from that same area and share with them what you have learned.

Plan a trip to visit the city someday.

MISSIONS

- ☐ Look up a famous city in a book or online.
- ☐ Watch a travel show or documentary about a city, country, or group of people.
- ☐ Memorize one word from another language.
- ☐ Find a food you have never heard of before.
- ☐ Find a martial art you have never heard of before.

WEEK 4 - 911 SAFETY TRAINING

911 is a free phone number you can from any phone in any emergency. Call 911 if you see a fire, car accident, or if someone is sick or hurt. Describe what you see as clearly as you can and do not hang up until the operator tells you to. Never call 911 as a joke. It is very important to memorize your address and phone number to give to any authorities quickly.



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EACH MISSION IS WORTH 10 POINTS

Champion for Life
Point Scale

80-100 pts
Champion for Life

40-70 pts
Champion

10-30 pts
Improving

Parent Signature

Teacher Signature