



## Mat Chats

Self-Discipline means that your mind does a great job of control what your body does! Does anyone know what it means to get "disciplined"....."get in trouble right?" You get in trouble because your family wants you to make a better choice than the one you are currently making. When we are self-disciplined we learn to make better choices for ourselves.

Week 1 One of the best ways of exercising our self-discipline is by being a "first time listener". This means that when your family asks you to do something we do it the "right way, right away". Being nice, saying yes sir/yes ma'am are all great starts. However, there is a great saying that "who you are speaks so loudly, I cannot hear what you are saying." How you respond to your family with your words are important, probably more important is how you respond to your family with your actions. So when your parents ask you to do something, the challenge is to be a first time listener.

In our Kids BJJ Revolution class your child will have weekly mat chats about how their Jiu Jitsu program will help them to become a better person.

We do this in two ways

1. Mat Chats The mat chat is a mini-motivational pep talk at the end of class.
2. The assignment is a way them practicing this life skills at home.

## Monthly Assignments

Self-Discipline Do what need to be done when it should be done whether I like it or not.

Discipline is having order and control over our body whether someone is looking or not. Jiu Jitsu teaches us to control our bodies like few activities can. When you are passing the guard you must be sensitive to what you are doing but also be aware of what your opponent is doing. You must be focused in the moment on giving your best effort. However, this power is useless unless we use this in other areas of our lives. Another way of thinking of discipline is to do what we are supposed to do, when we are supposed to do it. This month we want you to (by yourself) practice something that you need to work on.

What do I need to do this week? (make my bed consistently, read 20 minutes per day etc..)	
I will consistently _____ without being asked?	
Monday	Did I do it without being asked? No <input type="radio"/> Yes <input type="radio"/>
Tuesday	Did I do it without being asked? No <input type="radio"/> Yes <input type="radio"/>
Wednesday	Did I do it without being asked? No <input type="radio"/> Yes <input type="radio"/>
Thursday	Did I do it without being asked? No <input type="radio"/> Yes <input type="radio"/>
Friday	Did I do it without being asked? No <input type="radio"/> Yes <input type="radio"/>
Saturday	Did I do it without being asked? No <input type="radio"/> Yes <input type="radio"/>
Sunday	Did I do it without being asked? No <input type="radio"/> Yes <input type="radio"/>



## Everyone starts out on our Orange Belt Program

The Orange Belt Program give you two classes a week.

Special monthly life skills assignments.

Great Kids BJJ Revolution classes that teach real self-defense and Jiu–Jitsu.

Belt Promotion and fees are included in the price of tuition.

They will understand bully proofing and self-protection skills.

Most importantly by the end of this program they will have great grasp of the life-skills and better home behavior.

(respect, self-discipline, grit, courtesy and manners).

# Qualifying Questions

- \* Are you going to be in the area for a year?
- \* Can you comfortably budget \$149 per month for tuition?
- \* Do you have a place to practice at home?
- \* Is this the right time to set and make a commitment?