

MARTIAL ARTS ATHLETE

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

WEEK 1 - POWERFUL LEGS

Your legs are the biggest muscle in your body. This means the stronger your legs are, the stronger your body is. Use these three exercises to make your body stronger, make your kicks more powerful and your jumps higher.

Lunge - Great for building powerful front kicks and back kicks

Squat - Builds strong side kicks

Tuck Jump - Jump high in the air and pull your knees into your chest fast! This will help your jump kicks and flips

Use these exercises to make your legs strong! The more your legs burn the stronger they will get!

MISSIONS - POWERFUL LEGS

- Do 30 seconds of each exercise with your parents at home
- Do each exercise with a friend in your martial arts school or at home
- Write down how many of each exercise you can do in 30 seconds - lunges, squats and tuck jumps
- Try one of these exercises for one minute without stopping
- Show your martial arts instructor a perfect lunge, a perfect squat and a perfect tuck jump

WEEK 2 - BICYCLE SAFETY

Always wear a helmet and ride in the same direction as the traffic. Ride in a single file line with friends or other bikers. Be alert for cars coming out of driveways. Stop at all stop signs, traffic lights, and for all pedestrians. Check your brakes and tires before taking off and make sure your handlebars and seat are secure. Riding at dusk and at night is very dangerous.

MACKENSI EMORY



Photo Courtesy of Hyper Martial Arts ©2012

DYNAMITE

Mackensi Emory is a stick of dynamite that blows up whenever she performs. Don't let her fun attitude and bubbly personality fool you - when it comes time to perform she'll compete with the boys every time, and most likely beat them.



SEE IT-HEAR IT-LIVE IT.

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WEEK 3 - DEDICATION MASTER

When you master Dedication you will accomplish more goals. There are three steps to becoming the Dedication Master!

Time - The more time you work on a goal the better you will get

Effort - Give your goals 100% effort and do not let anything slow you down or distract you

Don't Quit - When you get tired or feel like quitting take a deep breath in and get back into it. When champions get tired they don't give up, they turn it up!

If you do not set times to work on your goals and you do not try your best, it will take much longer to become good at the things you want. If you quit when you get tired or burned out you may never reach your goals. Dedicate yourself to becoming a champion and do not let anything stop you.

MISSIONS - DEDICATION MASTER

- Highlight your class times and make sure you attend every class for the week
- Go to class and give everything you have for the whole class - Really step up your effort
- Write down the three steps to master dedication on a piece of paper or in your success journal
- Tell your teacher at school the three steps to dedication
- On a piece of paper, write down a big goal. Under the goal write, "I am dedicated to this goal!" and put it up in your room

WEEK 4 - PROTECT YOURSELF FROM BULLIES

You have the right to try to protect yourself. 1. Start by saying confidently that you don't 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, martial arts teacher and friends.



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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