



# Irvine Black Belt Academy

## Life Skills

Life Skills are the most important part of martial arts for the majority of our members. There are nine core Life Skills that we teach on a regular basis and change each training cycle (approx. every 2 months). There are other Life Skills associated specifically with leadership training and are detailed in the Leadership manual (part of the leadership program).

### The Core Life Skills

#### **RESPECT**

Treating people (and things) right

#### **DISCIPLINE**

Doing what you are supposed to

#### **CONFIDENCE**

Believing in yourself

#### **PERSEVERANCE**

Never give up, no matter what

#### **INTEGRITY**

Choosing right over wrong, always

#### **FOCUS**

Keeping my goals in sight

#### **ESTEEM**

Feeling good about myself

#### **GOALS**

Planning for the future

#### **ATTITUDE**

How we feel about things

Please help your child, by taking the time to discuss one of the nine Life Skills everyday.