

# Competition

*"The most important thing in the Olympic Games is not winning but taking part ...  
The essential thing in life is not conquering but fighting well." – Pierre de Coubertin*



## Dear Parents,

This month, we are learning about competition. The martial arts provide an

environment for students to develop a healthy understanding of what the purpose of competition is, as well as its many benefits. When properly understood, competition is a valuable tool for self-improvement. Through competition, we increase our skills and knowledge, we improve our strength and stamina, and we are able to interact with and learn from others who are at the top of the martial arts.

Because we face competition in every aspect of life, it is vital our students learn how to benefit from that competition, and not fear it. Below are some suggestions on how you can help your children properly understand and appreciate the value of competition.

### ***Other Things Parents and Caregivers Can Do to Help Their Children Learn from Competition***

**Discuss the subject with them.** Although they don't always show it, your children do listen to you. Talk to them about competition and its benefits. Explain to them that competition is about much more than just winning or losing. Give them examples that show how competition is an aspect of more than just the martial arts or sports activities.

**Get them involved in some form of competition.** The martial arts have a variety of competitive opportunities, and we love that your children are a part of them. Nothing reveals the benefits of competition like participation. Tell them stories of how you competed when you were their age and how it has helped you in life.

**Provide encouragement.** Sometimes it's hard for a student to see the progress they have made, because they are often focused on what they still have to learn. This is especially true in competitions, since only one person is declared the winner. It's important they hear from you how much improvement they have made. Knowing that they are improving, and that others have noticed it, will help motivate your child to continue working hard, and to more easily see the benefits of competition.

**Identify positive role models.** Students of all ages need to see that others have started where they are, have benefited from competition, and have grown as individuals and as martial artists. Help them find role models that will have a positive impact on their understanding of competition and what it can do for them.

**May 2010  
Theme  
Of the  
Month**

**This month our  
weekly lessons  
will cover:**

### **Week One:**

*"Without the spur of competition  
we'd loaf out our life."*

— Arnold Glaslow

### **Week Two:**

*"The thrill, believe me, is as much in  
the battle as in the victory."*

— David Sarnoff

### **Week Three:**

*"You don't have to blow out the  
other fellow's light to let your own  
shine." — Fyodor Dostoyevsky*

### **Week Four:**

*"When you lose, get mad – but get  
mad at yourself, not your opponent."*

— Wallace "Chief" Newman

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