

Concentration

"The secret of concentration is the secret of self-discovery. You reach inside yourself to discover your personal resources, and what it takes to match them to the challenge." — Arnold Palmer



Dear Parents and Guardians,

Concentration is one of the most powerful mental tools at our disposal - and yet, so few people actually know how to use it to its full potential. That's why this month's lesson is about concentration.

Concentration is the ability to focus attention on a task at hand, while blocking out other distracting or unrelated stimuli. This includes insignificant sounds, visual input, and most importantly, wandering or irrelevant thoughts. When concentration is at optimal levels, we find our work is easier, more readily remembered, takes less time, and we tend to make fewer mistakes.

A person's sustainable level of concentration is dependent on a combination of factors, including: dedication or commitment to the task at hand, interest in the task, skill and ability to perform the task, a content emotional and physical state, and an appropriate environment with few distractions.

You can help at home by setting the proper atmosphere. For example, children will concentrate better while studying if you turn off the radio and television to remove distractions. Then set reasonable and clear time expectations for them to complete an activity, no matter the task.

Make sure they get plenty of sleep. When children don't get enough sleep, they tend to have more difficulty concentrating than when they are well rested. Let them run around and get lots of exercise; this will increase blood flow to the brain and stimulate hormonal responses that increase mental sharpness.

Keep them in martial arts classes. We offer a great place to learn and practice concentration skills. Students will have many opportunities to learn how to best channel and shape their thoughts and achieve their goals in the most effective way possible.

June
2011

Theme
of the
Month

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

Week One:

"The secret of concentration is the secret of self-discovery. You reach inside yourself to discover your personal resources, and what it takes to match them to the challenge"

— Arnold Palmer

Week Two:

"No horse gets anywhere until he is harnessed. No steam or gas ever drives anything until it is confined. No Niagara is ever turned into light and power until it is tunneled. No life ever grows great until it is focused, dedicated, disciplined."

— Harry Emerson Fosdick

Week Three:

"A man may be so much of everything that he is nothing of anything."

— Samuel Johnson

Week Four:

"To do two things at once is to do neither."

— Publilius Syrus

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