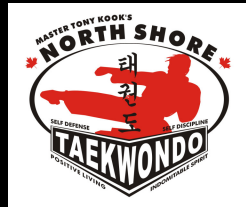


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# Enthusiasm

*"Flaming enthusiasm, backed by horse sense and persistence, is the quality that most frequently makes for success."* – Dale Carnegie



**March  
2010  
Theme  
of the  
Month**

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

**Dear Parents,**

In March we are emphasizing enthusiasm, which is a key factor in accomplishing any task. Think of your own experience for a moment. How much more successful have you been at a task

when you were excited about it? How much easier was it to get others motivated to help when you were enthusiastic about your goal or cause?

Your children will find their martial arts training more enjoyable and more rewarding if they are enthusiastic about it. They will be more excited about training, more focused in their classes, and more dedicated to practicing at home. You can help keep their enthusiasm high by using the following suggestions:

## Other Things Parents and Caregivers Can Do to Help Their Children Develop Enthusiasm

**Be enthusiastic, too.** Enthusiasm is infectious. Once one or two people have it, before long, several others will, too. If your children see that you are excited about what they are doing and learning in class, they will be excited about it also.

**Show your interest — ask questions.** Children love to play the part of teacher. Help generate enthusiasm in your children by asking them questions about what they learned in class. Allow them to tell you what they have learned and demonstrate their new skills. Doing so will keep their excitement high.

**Encourage them to build friendships with other martial artists.** It is easier to be enthusiastic about something if you have friends who are, too. Encourage your children to build friendships that will help motivate their continued development in the martial arts. Like other activities, the martial arts are more fun when your friends are involved.

**Make their martial arts class a priority.** Nothing decreases enthusiasm like ignoring something. If your children see that their martial arts training isn't a priority with you, they will soon lose their enthusiasm for their training. Be sure to make it to class on time, visit with your children's instructors, and stay and watch their classes. When something is important to you, it will be important to them. When your children know you are involved, they will be more motivated to excel.

### Week One:

*"If you can give your son or daughter only one gift, let it be enthusiasm."*  
— Bruce Barton

### Week Two:

*"Nothing is so contagious as enthusiasm."*  
— Edward George Bulwer-Lytton

### Week Three:

*"Enthusiasm is at the bottom of all progress. With it there is accomplishment. Without it there are only alibis."* — Henry Ford

### Week Four:

*"Motivation will almost always beat mere talent."*  
— Norman Augustine

*Passion,  
Purpose,  
Practice*

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**March 2010**