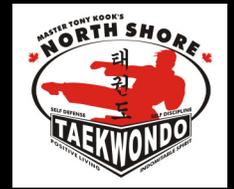


Courage



The quality of mind or spirit that enables a person to face difficulty, danger, pain, etc., without fear.

*Thank you for Voting us
Favorite Martial Arts Academy*

Theme
of the
Month

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

Dear Parents and/or Guardians,

This month in the school we are focusing on courage.

How Can You Help?

Any time your child makes up his or her mind to start something new, it takes a buildup of courage. Having the courage to do something doesn't mean your child won't feel fearful or apprehensive. Your child is showing courage when they make the decision to overlook those feelings and try something new anyway. As parents, we should encourage our children to push through their anxieties; this will be a stretch for them (and it might be uncomfortable for you as well), but it will teach them to step outside their comfort zones.

As parents, we have to be role models — showing our children how to courageously face new challenges. We have to be able to start new things, persevere through obstacles, and push through our discomfort. Our children copy what they see. Being a good role model will help them grow; they will become more independent as they learn courage from us.

Parenting is an incredibly difficult job. We love our children and want the best for them. Many times we feel that we need to do things for them so that they can have the best. But if we do not allow them to make mistakes, we are denying them the courage to make decisions and the independence to think for themselves.

We all need to be courageous at times. Having courage as a parent often looks like giving your children the space to grow and the freedom to learn lessons the hard way. One of the biggest challenges you will face as a parent is learning how to keep your children safe while letting them do as much on their own as they can. Courageously face this challenge and watch your children grow.

On behalf of all the staff here at North Shore Taekwondo, we thank you for your support in helping us develop positive leaders for the future.

Week One:

"What would life be if we had no courage to attempt anything?"

— Vincent Van Gogh

Week Two:

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."

— Winston Churchill

Week Three:

"If you could get up the courage to begin, you have the courage to succeed."

— David Viscott

Week Four:

"Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living with integrity."

— W. Clement Stone

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