



The 10 Secrets of Black Belt Parents/Guardians

- 1. Black Belt Parents/Guardians resist the urge to interact with their children during class.**
Watching a martial arts class is just like observing a child in regular school. Interrupting or interacting with your child would be disrespectful to the teacher/instructor and distracting to all of the students. Please refrain from all interaction unless asked by the instructor to do so.
- 2. Black Belt Parents/Guardians show support by staying and watching their children during class.**
One way to show your support for your child's martial arts training is to come to class with your child and watch them participate in class. The best way to show support is to join the adult class.
- 3. Black Belt Parents/Guardians help make sure students are ready for class.**
Although there may be special circumstances, help your student to be on time and ready for class. This includes being in uniform with any visits to the bathroom taken care of before class. If there will be a planned absence, let the instructor know ahead of time.
- 4. Black Belt Parents/Guardians help keep their future black belts or siblings under control while waiting for class or while observing classes.**
Crying, screaming, or rowdy children can be a major distraction to class. Feel free to utilize the hallway or other parts of the building to take overly enthusiastic little ones outside of the class room if necessary.
- 5. Black Belt Parents/Guardians know and faithfully practice all school rules and policies.**
They follow and enforce these rules with their children. When parents/guardians follow the school rules and regulation, then their children are more likely to follow their example. This starts at the door, where everyone is to bow when entering and leaving. Any concerns about the school or their child's training, progress should be discussed directly with the instructor.
- 6. Black Belt Parents/Guardians pay attention to what their children are learning in class and reinforce their positive behavior at home.**
As parents/guardians you are an important part of the team. You can help your children to improve by working with the instructors and staying informed. It is also important to discuss topics covered in class at home, such as life skills and safety tips.
- 7. Black Belt Parents/Guardians know that their child is an individual who will progress at their own rate.**
Don't compare a child to their sibling or other students. Encourage and support your child's progress, and help them to set and achieve realistic goals. Your child is improving as a whole person; rank promotion is just a part of the big picture.
- 8. Black Belt Parents/Guardians are encouraging to all of the students in the school during classes, testings, and rank promotions.**
Show support for all students. Through your example, your children will also learn to encourage and support everyone in the martial arts academy.
- 9. Black Belt Parents/Guardians encourage their children to come to class.**
Realize that staying home to play video games, watch tv, or other temptations do exist. When temptation rears its ugly head, help show commitment by encouraging students to come to class. Martial Arts classes should be treated like regular school. Stick to the same criteria used to determine if a child should be allowed to stay home. Don't fall victim to the "I don't feel like going today..." or "I'm too tired" excuses.
- 10. Black Belt Parents/Guardians help their children set goals both in and out of martial arts.**
Help your children set goals. Goal setting will help your children develop the perseverance and self-discipline needed to stick to commitments and achieve great personal success.