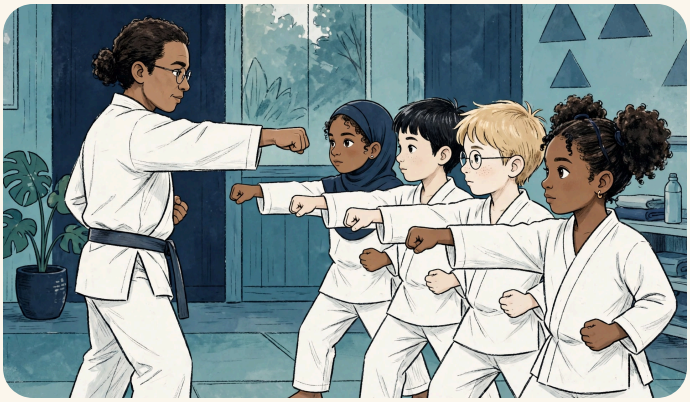
EMPOWER MARTIAL ARTS

Life Skills for the Journey

A student and family guide to perseverance, confidence, focus, and goal setting - on the mat and in everyday life.









Learn it. Practice it. Live it.

New Student Edition

WELCOME TO EMPOWER MARTIAL ARTS

Strong skills. Strong character.

Martial arts training helps students grow physically and personally. Throughout the year, our team connects class practice to four life skills students can use at school, at home, and wherever life takes them.

Perseverance
January - March
Make a plan, keep trying, and bounce back.

Confidence
April - June
Stand tall, speak clearly, and take positive action.

Focus
July - September
Pay attention to what matters and return when distracted.

Goal Setting
October - December
Choose a target, take small steps, and track progress.

IN CLASS
Instructors introduce one simple idea at a time, connect it to training, and give students a chance to practice it.

AT HOME
Families can use the questions and mini-challenges in this booklet to keep the conversation going.

HOW TO USE THIS BOOKLET
Keep it somewhere easy to find. Revisit the current theme, choose one action to practice, and celebrate progress rather than perfection.

Perseverance



“I keep going, even when it is hard.”

WHAT IT MEANS

Perseverance means continuing with a positive attitude when something takes time, practice, or courage.

WHAT IT LOOKS LIKE

- Trying again after a mistake
- Asking for help when needed
- Finishing what you started

PERSEVERANCE IN ACTION

Dream. Plan. Practice. Keep going.

1

Achieving My Dreams

A dream becomes a goal when we decide what we want and make a plan to move toward it.

Family question: What is one dream you want to work toward?

2

Practice Builds Progress

Big improvements come from small efforts repeated over time. We do not have to be perfect to get better.

Family question: What is one small thing you can practice this week?

3

Bounce Back

Mistakes are part of learning. Pause, learn what happened, and choose the next useful action.

Family question: What can you try differently next time?

EMA SUCCESS FORMULA

Students learn the official Empower Martial Arts Success Formula and its movements with their instructor. Practice the words and movements together at home, then use the formula when a goal feels difficult.

This quarter's challenge: Choose one goal, make a simple plan, and mark each time you practice.

APRIL - JUNE

Confidence



> **“I believe I can learn, grow, and do hard things.”**

WHAT IT MEANS

Confidence means trusting yourself enough to prepare, participate, and try - even when you feel nervous.

WHAT IT LOOKS LIKE

- Standing tall and making eye contact
- Using a clear, respectful voice
- Trying before saying “I can't”

CONFIDENCE IN ACTION

Prepare. Speak up. Take the next step.

1

Strong Body Language

Our posture can remind our mind that we are ready. Stand tall, look ahead, and breathe steadily.

Family question: What does confident body language look like?

2

A Brave, Respectful Voice

Confidence is not about being the loudest. It is speaking clearly, kindly, and honestly when something matters.

Family question: When might you need to use your brave voice?

3

Believe, Try, Lead

We build confidence by doing. Prepare, take a positive risk, and help someone else feel capable too.

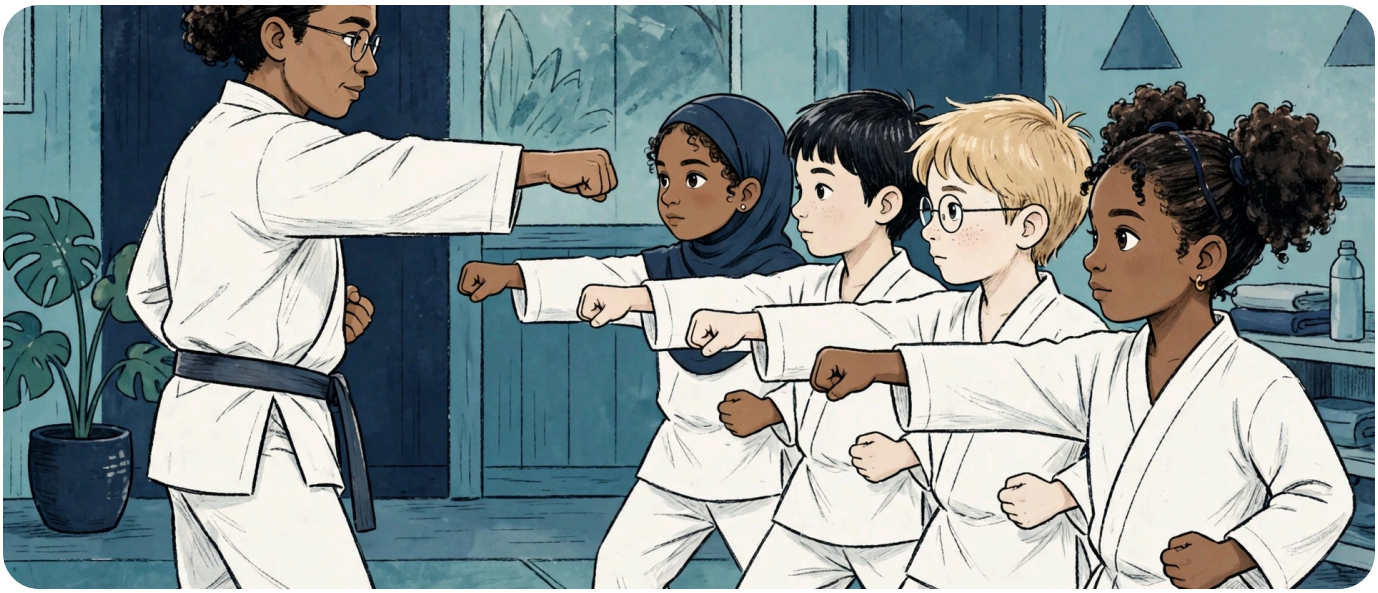
Family question: What is one way you can be a helpful leader?

TRY THIS AT HOME

Before a new or difficult task, use a confident stance, take one slow breath, and say: “I am ready to try.” Then take the smallest next step.

This quarter's challenge: Volunteer once, ask one good question, or demonstrate a skill you have practiced.

Focus



“I give my attention to what matters right now.”

WHAT IT MEANS

Focus means directing your eyes, ears, mind, and body toward the task in front of you.

WHAT IT LOOKS LIKE

- Watching and listening for directions
- Doing one thing at a time
- Returning calmly after distraction

FOCUS IN ACTION

Choose what matters. Bring your attention back.

1

Ready to Learn

Turn your body toward the speaker, use listening eyes, and keep your hands ready for the next direction.

Family question: How does your body show that you are listening?

2

One Thing at a Time

Choose the most important task and give it your best attention before moving to the next one.

Family question: What deserves your full attention today?

3

Reset and Refocus

Everyone gets distracted. Notice it, take a breath, and bring your attention back without getting upset.

Family question: What helps you reset when your mind wanders?

TRY THIS AT HOME

Use a “focus minute”: put distractions away, choose one task, set a short timer, and work only on that task until time is up.

This quarter's challenge: Pick one daily routine - homework, chores, reading, or practice - and complete it with full attention.

Goal Setting



“I turn a dream into small steps I can take.”

WHAT IT MEANS

Goal setting means choosing something meaningful, making the next steps clear, and checking your progress.

WHAT IT LOOKS LIKE

- Naming a specific result
- Breaking it into manageable steps
- Adjusting the plan and continuing

GOAL SETTING IN ACTION

Choose it. Break it down. Track it.

1

Choose a Clear Goal

Pick a goal that matters to you. Say exactly what you want to do and why it is important.

Family question: What will success look like?

2

Build the Steps

Turn the goal into small actions. Decide what you will do first, when you will practice, and who can help.

Family question: What is the smallest next step?

3

Review and Celebrate

Notice what improved, celebrate honest effort, and adjust the plan if needed. Progress is worth recognizing.

Family question: What did you learn while working toward your goal?

MY NEXT GOAL

I WILL _____

MY FIRST STEP _____

I WILL START _____

STUDENT + FAMILY PAGE

Practice beyond the mat

Choose one short action each week. A small practice repeated often is more useful than a big promise forgotten.

Life skill	One action I will practice	I did it
Perseverance		☐ ☐ ☐
Confidence		☐ ☐ ☐
Focus		☐ ☐ ☐
Goal Setting		☐ ☐ ☐

THREE FAMILY QUESTIONS

- What went well today?
- What felt challenging?
- What will you try next?

HOW ADULTS CAN HELP

- Notice effort specifically.
- Let the student own the next step.
- Model how to reset after a mistake.

OUR STUDENT PLEDGE

I will be respectful, keep learning, and give honest effort. I will use perseverance, confidence, focus, and goal setting to become stronger on the mat and in life.

Student signature _____ Date _____

EMA

Welcome to the Empower Martial Arts family.

We are excited to help every student build skills, character, and confidence - one class and one positive choice at a time.

MATAWAN / ABERDEEN • EAST BRUNSWICK / MILLTOWN • EDISON