



**MATA**  
**MARTIAL ARTS**  
**TEACHERS' ASSOCIATION**

## Martial Arts America Life Skills and Leadership Curriculum

# ATTITUDE

Attitude is this module of success  
in the Martial Arts Teachers' Association Curriculum.

William James, the father of American Psychology, said, "The most important discovery of our time is that we can alter our lives by altering our attitudes." Attitude is the next module of success in the Martial Arts America Curriculum.

In these lessons we shall determine the differences between positive and negative

attitudes and discover how to enhance our positive attitude while overcoming any tendency to look at the world negatively.

When the lessons are complete, your students will be well on their way toward achieving their goal of having and displaying a positive attitude. As the attitudes of your students improve, so will your retention, and your referrals.

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# i n s t r u c t i o n s

1. Send out Parents' Letter announcing new curriculum cycle.
2. Hang Posters in window and in school.
3. Copy and handout Worksheets (One/4-7, Two/8-14, Three/Adults).
4. Show Video.
5. Lesson Quotes.
6. At the end of week 3, send out Postcards.
7. At the end of month, send out Newsletter.
8. At the end of week 5, send out Pre-Test Letter.
9. Life Skills Certificate.
10. Life Skill Patch.
11. At the end of week 6, TEST.
12. Send out Post Test Letter.
13. Start new cycle.

# the big picture

<b>Week 1</b>	Lesson 1 What is a Positive Attitude? Lesson 2 Positive Attitude Story / Drill
<b>Week 2</b>	Lesson 3 What is a Negative Attitude? Lesson 4 Responsibility Story / Drill
<b>Week 3</b>	Lesson 5 Using words that are helpful to others Lesson 6 Positive Attitude Story
<b>Week 4</b>	Lesson 7 Using your body to help you develop a Positive Attitude Lesson 8 Positive Attitude Story / Drill
<b>Week 5</b>	Lesson 9 Expect to Win! Lesson 10 Positive Attitude Story / Drill
<b>Week 6</b>	Lesson 11 Attitude Review Lesson 12 Positive Attitude Story / Drill

## TEST

Recommended study for instructors teaching this course:

*The Psychology of Winning*  
by Dennis Waitley (Berkeley Books)

*Og Mandino's Treasury of Success Unlimited*  
by Og Mandino (Pocket Books)

## sample pre-test letter

Congratulations!

(Insert name) has passed (his/her) examination and, effective immediately, holds the rank of (insert rank). In addition to recognizing (insert name)'s physical progress, completion of this exam also signifies successful accomplishment of the Persistence curriculum. As I am sure you are aware, the trait of persistence has been the keystone for the success of many great people. All of us at Martial Arts America are proud to have played a part in helping (insert name) develop this vital life skill.

For the next six weeks our curriculum will focus on improving (insert name)'s balance and timing as well as developing another equally important life skill, a "positive attitude."

William James, the father of American Psychology, said, "The most important discovery of our time is that we can alter our lives by altering our attitudes." This holds true from improving our attitudes about study and work to making the most of our free time and enjoying our lives.

Over the next few weeks we will help your child determine the differences between positive and negative attitudes. We will discover how to enhance our positive attitude, while overcoming any tendency to look at the world from a negative viewpoint. This month's stories will show how our attitudes can affect all areas of our life from our school work to our recreational time. The goal will be to teach our students that it's not the events in our lives, over which we have no control that shape us, but how we react to those events.

When these lessons have been completed, (insert name) will be well on the way toward learning how to control (his/her) attitude in a positive way, to enhance (his/her) learning and enjoy life! Look for our Attitude Poster and our Quotes of the Month when you stop by the school. Oh, and please remember to do your part at home this month by encouraging an extra positive attitude in your child. One is never too young to learn how to enjoy life to its fullest!

Yours Sincerely,

Andrew Wood  
Program Director

PS. As always, if you have any questions at all about our program or your child's progress, please don't hesitate to call myself, or Ron, at 555-7777.

## sample post-test letter

Dear Mr. & Mrs. Smith,

(Insert name) has completed nearly all the requirements for (his/her) next rank and will be testing soon. In addition to learning the physical skills associated with our martial arts system, (Insert name) has also learned and demonstrated one of the Traits of Champions, a positive Attitude.

Abraham Lincoln once said, "Most people are as happy as they make up their minds to be", which is why we have spent the last few weeks encouraging our students to focus on the positive. Studying in school, practicing repetition in martial arts training, cleaning their rooms, or doing chores all have positive aspects. By learning to look at the positives, rather than the negatives, we encourage our students to develop an "I can do it!" attitude, that pays dividends in all areas of life.

We're excited that we could be a part of sharing such valuable life skills with (insert name) and encourage you to use the positive attitude philosophy we have shared with (him/her) at home and in all other areas of (his/her) life. Armed with a positive attitude, and backed with the traits of persistence, goal setting and high self-esteem, there is almost nothing that can not be achieved.

Yours Sincerely,

Andrew Wood  
Program Director

PS Don't forget (insert name)'s graduation on (insert date). I look forward to seeing you there.

[illegible]



week one

*"The most important discovery of our time is that we can alter our lives by altering our attitudes."*

—William James

# LESSON 1

## What is a Positive Attitude?



- Students will learn the meaning of Attitude and how to spot a positive one.
- By the end of the lesson, the students will be able to tell you how to recognize a positive attitude.

## ages 4-7

Today's lesson focuses on how you can develop a positive attitude. In order to do this, we need to explain the difference between a positive attitude and a negative attitude. Your attitude results from the way you have learned to think about things. You may have a positive attitude about candy and a negative attitude about spinach. Your attitude can arise from how much you like something, like candy, or how much you dislike something, like spinach. Attitude is the way you feel and show your feelings about the things that happen in your life.

You have a positive attitude when you feel good about something in your life. It's a feeling like

anticipating your birthday, or waiting for your grandparents to visit you with presents. It's a happy, excited feeling about yourself and what you're doing. You have a negative attitude when you dislike something. It's not wanting to be near something, like a snake. It's also not wanting to do something, like being put in "time out."

We learn how to think about things positively or negatively. We feel it's better to learn to think about most of life positively. You think positively about coming to martial arts class. Why? Because you have learned it is fun and exciting. In order to develop a positive attitude, we need to think about nearly everything in our lives as fun and exciting.

### Ask your Students:

- **What is attitude?**  
(It's how you feel about things.)
- **What is a positive attitude?**  
(When you are happy and excited about something in your life.)
- **What is a negative attitude?**  
(Not liking something.)
- **Can you think of an example of something you have a positive attitude about?**  
(Puppy dogs, ice cream, martial arts class, basketball, etc.)

**Y**our attitude is something you develop throughout your life. It is the feeling you have about certain things. You can look at it as the way you are inclined toward, or away from something. For example, you are probably inclined toward good grades in school and away from snakes. When you are inclined toward something you have a positive attitude about it. When you are inclined away from something you have a negative attitude about it.

These lessons are about developing a positive attitude. In order to develop a positive attitude we need to define positive attitude. A positive attitude is when we feel good about a thing or event in our life. For example, the day before your family vacation to your favorite place, you have a happy, excited feeling about the trip.

A negative attitude is when we don't like something or some event in our lives. You may not like snakes. If you don't, you have a negative attitude toward snakes. A negative attitude is merely a feeling of dislike about something. Whether you have a positive or negative attitude, it's important to remember that attitudes are learned.

Since we learn how to think about events and things, we can learn to think about most things positively. To live a happy life, it is very important to build a positive attitude about nearly everything in your life. You think positively about coming to martial arts class. Why? Because you have learned it is fun and exciting. You probably have many friends here. Also, many of your friends who aren't here wish they were. All this contributes to your positive feelings about martial arts classes. It's important to remember that you learned these feelings; you weren't born with them. You can also learn to think about your life in a positive way. You can learn to develop a positive attitude.

## Ask your Students:

- **What is attitude?**  
(It's how you feel about things.)
- **What is a positive attitude?**  
(When you are happy and excited about something in your life.)
- **What is a negative attitude?**  
(Not liking something.)
- **Can you think of an example of something you have a positive attitude about?**  
(Puppy dogs, ice cream, martial arts class, basketball, etc.)

# adults

**Y**ou were not born with attitudes. You have built each one of them, one small part at a time with your thinking, your imagination, and your response to the events in your life. You have a different attitude, perhaps, toward baseball than you do snakes. You may have a different attitude about sports than about history or physics. Your attitude can be visualized as the way you are inclined toward or away from something. If you are inclined toward it, you have a positive attitude about it. If you lean away from it, you have a negative attitude.

Your attitude is the emotion you associate with certain things. What feelings have you learned to associate with snakes? Are they warm, inviting creatures you'd like to have as a pet? Some would say "Yes," but many others would say that snakes make them feel creepy, frightened or even nauseous! However you think about snakes, it's important to remember that you have learned this feeling, or attitude.

How do we define a positive attitude? First, let's deal with what a positive attitude is not. It is not denial, it is not self-brainwashing, and it is not the 'ostrich approach,' where one buries one's head in the sand and hopes ignoring negative possibilities will cause them to go away. Much has been said about the so-called 'Power of positive thinking,' meaning we can bring about a positive outcome by holding only positive thoughts in one's mind. The danger with this mind-set is that there are such things as human limitations and random whims of fate, ('bad luck'). If we don't consider the possibility of a negative outcome, we aren't prepared for it.

The person with a positive attitude is aware of all of the possibilities in a given situation, including the possibility of a negative outcome. However, with all of these possibilities in mind, he or she focuses on the positive. The intent of this focus is to effect a positive outcome. This doesn't mean some sort of 'magic' will kick in and deliver the desired outcome. The person with the positive focus is only concerned about the ultimate result. He or she is aware that it may take several tries, and there may be several failures along the way. However, the person with the positive focus will continue to try, even in the face of possible failure.

A positive attitude is basically the old, "Is this glass half-full or half-empty?" question. It's a way of looking at things. It's up to each of us to decide which way we'll let our experiences lead us. We hope in the next few weeks you'll learn that a positive attitude will take you where you want to go faster and more directly.

## Ask you Students:

- **Can you describe a positive or negative attitude?**

(It's the way you incline toward or away from something. A positive attitude can be looked at as making the best of any situation.)

- **Is an attitude fixed, or can an attitude be changed?**

(Attitudes can be changed because they are learned.)

week one

*“The most readily identifiable quality of a total winner is an overall attitude of personal optimism and enthusiasm.”*

— Dr. Dennis Waitley, NASA

## LESSON 2

# What is a Positive Attitude?



- Students will learn the meaning of Attitude and how to recognize a positive one.
- By the end of the lesson, the students will be able to tell you how to recognize a positive attitude.

Discuss the following questions during warm up to remind the students of the pervious lesson.

1. What is attitude?
2. What is a positive attitude?
3. What is a negative attitude?

## children's story

### The Welder's Lesson

Master Wo began, "Have you ever noticed how people who view the same situation with totally different attitudes usually obtain totally different results? Take, for example, the small boy who, many years ago, stood near the city of San Francisco. He stood on the banks of the beautiful bay and looked down at an army of men and machines. As youngsters often are, he was naturally inquisitive and slowly wandered down to a group of three men who were welding a series of huge metal girders."

"He asked one of the men what he was doing. The man gruffly replied he was working for his lousy paycheck. The boy wandered over to the second man and asked the same question. He replied in a gentler tone, but with an equal lack of

enthusiasm, that he was welding together some pieces of metal. When he approached the third welder, the man looked up and smiled happily at the young boy. The boy asked his question again, to which the man replied, 'I am building the greatest bridge the world has ever seen.' The boy's face lit up in wonder and he went on his way."

"These three men from similar backgrounds, with identical jobs entrusted to them, were working the same hours in the same conditions and for the same pay, yet each had a totally different attitude toward his work. You have all seen examples of this in your daily life, and you know who will be more successful in anything and everything they try to do."

### Ask your Students:

- **Did the first man have a positive or negative attitude towards his work?**
- **Which man do you think will be the most successful in life?**

## Short Time

A few years ago, a movie titled “Short Time” was out in the theaters. It wasn’t a big box office hit, but it was amusing and it did make a point of how our attitude can shape our lives.

The movie was about a 50 year-old detective who was to retire from the New York Police Force in eight days. As you can imagine, this man doesn’t have the greatest attitude in the world. He’s divorced and his ten year-old son lives with his estranged wife. By retiring, he hopes to have more time with his son. With eight days left, he just wants to play it safe.

Since he’s retiring he decides to take out an insurance policy. To qualify for the policy he needs to take a physical. He and his partner go to the public employee’s clinic to receive the physical. At the same time there is a bus driver who is there for a random drug test, and doesn’t know that they are detectives. The bus driver asks them, “If someone smoked marijuana two days ago, will it show up on their drug test?”

The two detectives look at each other and reply, “Yes!”, and showed their badges to him. The bus driver quickly replies “I didn’t say I used marijuana, I was just asking!” The two detectives walked away chuckling to each other.

The detective and the bus driver go into their respective rooms to give their blood samples. The cart holding these samples is left in the passageway between the rooms. The bus driver sneaks out of his room and switches tags on the blood samples from himself and the detective.

When the samples come back from the lab, the detective’s blood sample (actually the bus driver’s) shows that he has a rare blood disease and will die within two weeks. Of course now he won’t be able to take out the insurance

policy but, he also discovers that he does have a very valuable insurance policy with the police force. The only problem is that he has to die on the job for his son to collect. From this point on in the movie the detective’s attitude changes from someone who is “just on the job” to one who is “giving his all to the job” and shows the extremely humorous ways he tries to speed up his demise. This story shows vividly the attitude of a man with only two weeks to live. He lives his life passionately in his relationship with his son, his ex-wife, his partner and everyone he meets. Believing he was to die, the man learned he could choose his attitude.

Our lives are like that detective. We go through life thinking that we have forever to live. We maintain a negative attitude because we don’t attempt to control it. But we do have the choice, just like the detective, to change our attitude and maintain a positive one. Hopefully, we won’t need to have someone tell us we’re going to die in two weeks before we change.

By the way, in the movie, the detective eventually finds out that the switch had been made, so he retires but, as a man with a positive attitude.

### Ask your Students:

- **What is the importance of developing your own attitude?**
- **Can you give of any examples of how outside events affect our attitudes?**
- **Can you see how people have been affected by events in their lives?**

# DRILL

## What's Your Attitude?

To show that everyone has a different attitude towards everything.

None.

Attitudes are neither good nor bad. They tend to incline toward or away from an event or thing. Write down the following list on your white board or large piece of paper. Read the list to your students. Ask them to remember the phrase or word they think very positively or very negatively about.

1. sailboats
2. foreign cars
3. puppies
4. spinach
5. talking in front of large groups
6. drinking buttermilk
7. mowing the lawn
8. washing the dishes
9. eating a rattlesnake dinner
10. money
11. people who smoke
12. people who don't smoke
13. police department
14. fire department

Next, ask the students to raise their hands and select some of them. Have them give you a response to an item on the list. After you get an attitude response, write it next to the item. Now, ask if there is someone who has the opposite attitude toward it.

For example, Johnny says he loves to wash dishes. Ask if anyone else has an opposite opinion. Mary tells you she hates to wash dishes. Tell them that neither is right or wrong, it's just an example of people having a different attitude about the same thing. Remind them that attitudes are neither good nor bad, they are positive or negative towards events and things.



week two

*"There's nothing good or bad,  
but thinking makes it so."*

— William Shakespeare

## LESSON 3

# What is a Negative Attitude?



- Students will learn it's important to develop their own attitudes.
- By the end of the lesson, the students will know why it's important to develop their own attitudes.

Discuss the following questions during warm up to remind the students of the pervious lesson.

1. What is attitude?
2. What is a positive attitude?
3. What is a negative attitude?

## ages 4-7

Last week we learned that our attitude toward anything is the way we feel about it. If we like something, we have a positive attitude toward it. If we don't like something, we have a negative attitude toward it. This week, we will talk about how others can affect your attitudes.

Attitudes are learned. If you became sick eating peas when you were a baby you probably don't like peas today. On the other hand, if you see peas as sweet and tasty, especially with butter, you probably like peas. The way we learn to look at school, reading, math or martial arts will make a big difference in how well we succeed at it.

Often we develop a negative attitude toward something that isn't based on what we've learned ourselves. Let's say your mom tells you are

going to eat spinach for the very first time tonight. You don't know what it is, or how it tastes. Now you go to school and tell your friends you're going to eat spinach tonight and some of your friends say, "You're going to eat spinach! Yuk!" You'll probably go home and tell your mom you don't want any of that spinach stuff! You have developed a negative attitude about spinach without ever having eaten any.

Now let's suppose you ate spinach the night before and liked it, then went to school and told your friends you ate spinach and you liked it. Even if some of your friends tell you "Yuk!" You'll probably still like spinach anyway. You, yourself, learned that you liked spinach. The important thing to remember is to develop your own attitudes.

### Ask your Students:

- **Are we born with positive or negative attitudes?**

(No, we learn n attitudes.)

- **How should we try to look at events in our lives?**

(We should always try to look at events in our lives in a positive way.)

This week we're going to discuss how our attitudes are formed and the importance of developing your own attitudes. Attitudes are formed either directly or indirectly. A directly developed attitude is a response to personal experience. If a sales clerk is polite to you as you purchase something in a store you develop a positive attitude about the store that says, "This is a great store. The people here are polite and courteous!" On the other hand, if the clerk is rude and ignores you, you develop a negative attitude. "I'll never shop in this store again. The people here don't care about their customers!"

We also develop attitudes indirectly. We develop a like or dislike for a store because one of our neighbors tells us a story about it. We decide to shop there based on another person's experience. Sometimes this is just plain good advice. It's always good to learn from other people's experiences, especially to avoid a negative consequence, but sometimes we develop an indirect negative attitude with very little evidence. Who hasn't finally tried a food they were convinced they wouldn't like because someone else had told them it tasted awful, only to find they really liked it? Everyone has had that experience.

We also develop attitudes indirectly. We develop a like or dislike for a store because one of our neighbors tells us a story about it. We decide to shop there based on another person's experience. Sometimes this is just plain good advice. It's always good to learn from other people's experiences, especially to avoid a negative consequence, but sometimes we develop an indirect negative attitude with very little evidence. Who hasn't finally tried a food they were convinced they wouldn't like because someone else had

told them it tasted awful, only to find they really liked it? Everyone has had that experience.

We are constantly bombarded by media, by mail, by all kinds of things that attempt to influence our attitudes. Some of us have attitudes that were never valid, implanted in our memories long ago by authority figures, such as parents, teachers or coaches. This can be very limiting, if not downright dangerous. Attitudes are ours. We need to form them ourselves through our experiences, not merely accept the opinions and attitudes of others.

As we learn about attitude, remember to examine your own attitudes. Do you have certain prejudices and attitudes that you learned from others as a child? Are these attitudes still valid? By examining your attitudes and determining to take responsibility for them, you are indeed taking a very large step toward real success in your life.

## Ask your Students:

- **Are we born with positive or negative attitudes?**  
(No, we learn attitudes.)
- **How should we try to look at events in our lives?**  
(We should try to look at events in our lives in a positive way.)

# adults

No matter what, from ice cream to dancing, we have learned our attitude toward it. Sometimes we learn attitudes about events and things from other people in our lives. Many of our attitudes are learned from our parents, friends and relatives.

Let's say you have never seen a baseball game in your life. Your mom or dad tell you that today, right after school, your Uncle Bob is going to pick you up and take you to the stadium to see a baseball game. When you go to school you tell your friends that you're going to the baseball game with your uncle. Some of your friends tell you, "You're going to hate it! Its noisy and it's not exciting at all. You should just tell your uncle to go by himself!" When your Uncle Bob comes to pick you up, he is going to be surprised if you tell him you don't want to go.

Now suppose, without telling you in advance, your Uncle Bob picks you up and takes you to the baseball game. You eat hot dogs and pop corn. You get to watch professional athletes play on a beautiful field. You have a great time! The next day you go to school and you tell your friends that you went to the baseball game with your uncle. Some of your friends tell you that you probably hated it. You probably didn't like the noise or it was boring. You listen, but you know you liked it. You had a great time. You learned you liked baseball first hand with Uncle Bob.

If your friends had told you negative things about going to the ballpark to watch baseball, you probably wouldn't have liked the game nearly as much. This kind of thing happens to us all the time. A friend at school tells you math is hard. Someone else tells you math is difficult. Pretty soon you believe math is hard. You are forming a negative attitude toward math before you even try it. How is math? Math is hard! How will that affect your performance in math? Are you likely to do well?

That's why it's important to develop your own attitudes toward things and events in your life. As you develop your own attitudes, try to stay focused on the positive. It will greatly increase your chances for success.

## Ask your Students:

- **Are we born with positive or negative attitudes?**  
(No, we learn attitudes.)
- **Who should develop our attitudes?**  
(We should develop our own attitudes.)
- **How should we try to look at events in our lives?**  
(We should try to look at events in our lives in a positive way.)

*“All that a man achieves and all that he fails to achieve is the direct result of his own thoughts.”*

— James Allen

## LESSON 4

# What is a Negative Attitude?



- Students will learn that it's important to develop their own attitude.
- By the end of the lesson, the students will know why it's important to develop their own attitude.

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. What is attitude?
2. What is a positive attitude?
3. What is a negative attitude?
4. Are we born with positive or negative attitudes?
5. Who should develop our attitudes?
6. How should we try to look at events in our lives?

## children's story

### The Little Steam Engine That Could

**A**fter everyone was seated, Master Woo spoke. "A little steam engine had a long train of cars to pull. She went along very well till she came to a steep hill. But then, no matter how hard she tried, she could not move the long train of cars. She pulled, and she pulled. She puffed, and she puffed. She backed and started off again. 'Choo! Choo! Choo! Choo!' But no! The cars would not go up the hill."

"At last, she left the cars behind and started up the track alone. Do you think she had stopped working? No, indeed! She was going for help."

"'Surely I can find someone to help me,' she thought. Over the hill and up the track went the little steam engine. 'Choo, choo! Choo, choo! Choo, choo! Choo, choo!' Soon she saw a big steam engine standing on a side track. He looked very big and strong. Running alongside, she looked up and said, 'Will you help me over the hill with my train of cars? It is so long and so heavy that I can't do it alone.'"

"The big engine looked down at the little steam engine and said, 'Don't you see that I am through my day's work? I have been all rubbed and polished ready for my next run. No, I cannot help you.'"

"The little steam engine was sad, but she went on.

'Choo, choo! Choo, choo! Choo, choo! Choo, choo!' Then she came to a second big steam engine standing on a side track. He was puffing and puffing, as if he were tired. 'Perhaps he can help me,' thought the little steam engine. She ran alongside and asked, 'Will you help me bring my train of cars over the hill? It is so long and so heavy that I can't do it alone.'"

"The second big steam engine answered, 'I have just come in from a long, long run. Don't you see how tired I am? Can't you get some other engine to help you this time?'"

"'I'll try,' said the little steam engine, and off she went. 'Choo, choo! Choo, choo! Choo, choo! Choo, choo!'" "After a while she came to a little steam engine just like herself. She ran alongside and said, 'Will you help me over the hill with my train of cars? It is so long and so heavy that I can't do it alone.'"

"'Yes, indeed!' said the other little steam engine. 'I'll be glad to help you, if I can.' So the two little steam engines started back to where the train of cars had been standing all this time.

One little steam engine went to the front of the train, and the other to the end of it. 'Puff, puff! Chug, chug! Choo, choo!' Off they started! Slowly the cars began to move. Slowly they climbed the steep hill. As they climbed, both little steam engines began to sing, 'I-think-I-can! I-think-I-can! I-think-I-can! I-think-I-can! I-think-I-can! I-think-I-can!'" "And they did!"

"Very soon, they were over the hill and going down the other side. Now they were on the plain again, and the little steam engine could pull her train herself. So she thanked the little engine who had come to help her, and said good-bye. As she went merrily on her way, she sang to herself, 'I-thought-I-could! I-thought-I-could! I-thought-I-could! I-thought-I-could!'"

### Ask your Students:

- **What do you think helped the little engine get up the hill?**  
(Her attitude: "I-think--I-can.")
- **Have you done something that you thought at first you might not be able to do?**  
(Have some of the students share their experiences.)

## Attitude Does Makes A Difference

When Thomas Edison was seven years old, a schoolteacher gave him up as a hopeless case. In the boy's presence, the teacher told a school inspector that Edison was mentally slow and that it was useless for him to attend school any longer. It is remarkable how frequently great men and women are misjudged in such a fashion before they become famous.

Abraham Lincoln's teacher said this of him. "When you consider that Abe has had only four months of school, he is very good with his studies, but he is a daydreamer and asks foolish questions." A teacher of Woodrow Wilson wrote this on his report card. "Woodrow is a unique member of the class. He is ten years old and is just beginning to write. He shows signs of improving, but you must not set your sights too high for him." Both, of course, went on to become President of the United States.

Albert Einstein was famous for his inept performance in school. A teacher said this about the famous mathematician. "Albert is a very poor student. He is mentally slow, unsociable, and is always daydreaming. He is spoiling it for the rest of the class. It would be in the best interest of all if he were removed from school at once."

The pioneer aviator, Amelia Earhart, was also looked upon poorly in school. Her teacher said, "I am very concerned about Amelia. She is bright and full of curiosity, but her interest in bugs and other crawling things and her dared evil projects are just not fitting for a young lady. Perhaps we

could channel her curiosity into a safe hobby."

Caruso's teacher told him he had no voice, yet he became the most famous opera singer of his time. Admiral Byrd was retired early from the Navy as "unfit for service." Then subsequently became one of the world's most distinguished explorers, with his expeditions to the North and South poles. Frederick Forsyth's first book, "Day of the Jackal," was returned over 40 times by publishers who believed it would not interest readers. It would eventually sell over 10 million copies.

Each of these very successful people was given the choice to accept the attitude of others toward their work or to form their own attitudes. Fortunately for the world, they decided to develop their own attitudes and opinions, and so should you. Starting today, decide to examine your attitudes and make sure they are your own, not the voice of some long past figure who had their own prejudices and attitudes.

### Ask your Students:

- **Can you see the importance of developing your own attitude?**
- **Can you think of any examples of how others can affect our attitudes?**

(Have some of the students share their experiences.)

# ***DRILL***

## **Changing Attitudes**

To show the students, through a physical activity, that the way a thing or event is presented will affect their attitude. None.

First, tell your students they are going to do a very difficult drill. Have them stand in lines, then, tell them you want them to stand on one leg for thirty seconds. Time them. You'll find that very few of them will be able to stand on one leg that long.

Now, tell them you're going to show them how anyone can stand on one leg for a much longer period. Have them close their eyes and bring one foot behind one of their knees. The knee should be bent. Tell them to relax their shoulders and straighten their backs. Tell them to practice this for a minute. Now time them again. You'll have many students who can stand on one leg for thirty seconds or longer now.

Explain to your students that this is how people can affect their attitudes toward things and events. If someone tells you a task will be hard or easy, you'll often be affected by what they say. The same is true if you are told something is good or bad; you'll frequently believe it. Your attitude toward things and events is being affected by someone else. You should decide your own attitudes toward events and things in your life.



week three

*"Happiness is a perfume you cannot pour  
on others without getting a few drops on yourself."*

— Ralph Waldo Emerson

## LESSON 5

# Using Words that are Helpful to Others



- Students will discover how using words that are helpful to others can improve their own attitude.
- By the end of the lesson, the students will know how to use words that are helpful to others to improve their own attitude.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is attitude?
2. What is a positive attitude?
3. What is a negative attitude?
4. Are we born with positive or negative attitudes?
5. Who should develop our attitudes?
6. How should we try to look at events in our lives?

## children's story

**I**n the past two weeks we've learned that attitude is the feeling we have about events and things in our lives. If we have a good feeling about something we have a positive attitude toward it. If we have a bad feeling about something we have a negative attitude toward it.

We've also learned that other people can affect our attitudes, and we've learned that it is important to decide for ourselves how we feel, or to form our own attitudes, about events and things.

This week we'll talk about how we can improve our attitude, and the attitude of the people around

us, by using words that are helpful to others. When we say something sincerely positive to another person, such as, "I really like your smile," or, "What a great job you did on your test," you are helping that person feel good about himself. You'll see your friend's eyes light up and he'll start to smile. Equally important, not only will the other person feel better about himself, but you'll feel better about yourself also.

Remember, you'll feel better about yourself just for helping others feel better about themselves. Using words is an important way to improve your own attitude as well as that of others.

### Ask your Students:

- **Why is it important to say things that help others feel better about themselves?**

(Because it also helps you feel better about yourself.)

- **What kinds of things could you say in class to help others feel better about themselves?**

(I really like how high you kick! You have a great kia! You have a strong punch!)

## adult's story

This week we're going to talk about improving our attitude by using helpful words and phrases with others. These are words and phrases that help others feel good about themselves. "Very soon, they were over the hill and going down the other side. Now they were on the plain again, and the little steam engine could pull her train herself. So she thanked the little engine who had come to help her, and said good-bye. As she went merrily on her way, she sang to herself, 'I-thought-I-could! I-thought-I-could! I-thought-I-could! I-thought-I-could!'"

People enjoy sincere compliments. When you say, "I really like your smile," or, "I really admire how you always have a good answer in

class," people appreciate it. They enjoy being around others who are upbeat and talk to them in a positive way. Not only does this help your friends feel good about themselves, it helps your own attitude, too. When you notice how using these types of phrases make your friends and relatives smile, you'll smile too. Your friends will like to be around you more and you'll be better liked, all because you found something sincerely nice to say about them.

Practice developing a great attitude by noticing positive things to say to others every day. The rewards will be in better relationships and a better attitude about yourself, too.

### Ask your Students:

- **Why is it important to say things that help others feel better about themselves?**

(Because it also helps you feel better about yourself.)

## curriculum notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*“Trust men and they will be true to you, treat them greatly and they will show themselves to be great.”*

— Emerson

## LESSON 6

# Using Words that are Helpful to Others



- Students will discover how using words that are helpful to others can improve their own attitude.
- By the end of the lesson, the students will know how to use words that are helpful to others to improve their own attitude.

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. What is attitude?
2. What is a positive attitude?
3. What is a negative attitude?
4. Are we born with positive or negative attitudes?
5. Who should develop our attitudes?
6. How should we try to look at events in our lives?
7. Why is it important to say things that help others feel better about themselves?
8. What kinds of things could you say in class to help others feel better about themselves?

## ages 4-7

**T**his week we'll discuss using positive words and phrases to help the attitudes of others. When you use your positive attitude in this way, you'll notice many positive results for yourself, also.

In order to develop a positive attitude, you need to exercise and use it. One way to exercise your positive attitude is by using words that make other people feel good about themselves. When you say, "You really have a nice smile," or, "I can see you put a lot of effort into that report," you help people feel good about themselves. Find the good in every person you meet. When an analysis was made of 100 self-made

millionaires, one of the most consistent traits they had in common was that they were what Zig Ziglar calls "a good finder." They found the good in everyone they met.

People enjoy sincere compliments. When you help another person feel good about himself, you will surely feel better about yourself. You'll get a good feeling inside because of the big smile the other person has on the outside. Life is like an echo; you get back what you put out. People will like to be around you more. You'll be more popular, because you found something good to say to them. It'll help you, and the people around you, reach your goals better and faster.

Be positive with everyone you meet. Since so many people look for negative things to comment on, when someone comments on the positive, it sets them apart from the crowd. Tell others the good things that are happening to you, rather than the bad. Share your positive attitude by thanking those who help you at school, at home, or at work. Avoid gossip and negative talk. In this way you'll help others enjoy life as much as you do. You'll be rewarded because you made others feel better about themselves, and you, in turn, now feel easier about yourself.

### Ask your Students:

- **Why is it important to say things that help others feel better about themselves?**

(Because it also helps you feel betterer about yourself.)

- **What kinds of things could you say in class to help others feel better about themselves?**

(I really like how high you kick! You have a great kia! You have a strong punch!)

- **What kind of finder should you be?**

(A good finder.)

- **What kind of news should you share with others?**

(Good news. No one wants to listen to bad news.)

Menise kept working out, but also kept watching Gary to see what she could notice that he was doing well. Finally, she saw that, even though Gary didn't seem to feel well, he was really working hard at punching the bag" Practice developing a great attitude by noticing positive things to say to others every day. The rewards will be in better relationships and a better attitude about yourself, too.

"The reason she waited was because she remembered what Master Woo had said the week before, 'When you see someone struggling in class, try to notice what they are doing well and tell them about it.'"

"Denise walked over to where Gary was working out and told him, 'Gary, you sure know how to kick and punch that bag! I wish I was as good at that as you!'"

"Denise walked over to where Gary was working out and told him, 'Gary, you sure know how to kick and punch that bag! I wish I was as good at that as you!'"

"After class, Gary went up to Denise and told her, 'I want you to know that I had a big argument with my sister right before I came here, so I wasn't feeling very good about myself. All I could do was think about what we said to each other. After you told me how you noticed me punching the bag I had a change in my attitude about class, and the class went better for me. I think I'll go home and make up with my sister! Thanks Denise!' Of course this made Denise feel good about herself too."

Denise thought to herself as she went home that night, 'I am going to always make an effort to use my words to help others. I feel so much better, and I'm glad Gary does too!'"

## Ask your Students:

- **What did Denise do when she saw that Gary wasn't feeling good?**  
(She tried to notice what Gary was doing right .)
- **What happened when Denise told Gary about his bag punching?**  
(He noticed what he was doing right improved his attitude.)

# ***DRILL***

## **Attitude with a Smile**

To demonstrate that helping others is what a good martial artist is all about. None.

Divide the class into groups of two. Have one of each pair watch the other perform a martial arts move you have assigned. (Make it something basic that everyone can do well.) Have the observers compliment their partners about the move during class.

Now, tell the class they are about to become part of the “smile and compliment” club. Their function is to watch their partner and to be on the lookout for something about which they can compliment their partner. Tell them that when they offer the compliment, it is important for them to be sincere and to smile.

At the end of the class, remind them that helping other people is what being a good martial artist is all about. They should try to be a member of the “smile and compliment” club every day, at work, at school and at home.

By doing this drill you will demonstrate both to the parents and your students that you are spreading good feelings throughout your community. This can only come back to you with interest.



*"It is the mind that maketh good or ill,  
that maketh wretched or happy, rich or poor."*  
— Edmund Spenser

## LESSON 7

# Using Your Body to Develop a Positive Attitude



- Students will discover how to use their body to help develop a positive attitude.
- By the end of the lesson, the students will know how to use their body to help them develop a positive attitude.

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. What is attitude?
2. What is a positive attitude?
3. What is a negative attitude?
4. Are we born with positive or negative attitudes?
5. Who should develop our attitudes?
6. How should we try to look at events in our lives?
7. Why is it important to say things that help others feel better about themselves?
8. What kinds of things could you say in class to help others feel better about themselves?

## ages 4-7

**D**uring the past few lessons we've been talking about attitude. Our attitude is either negative or positive toward something, depending on how we feel about it. We've learned that it's important to make up our own mind what our attitude should be about events and things. We've also learned we can improve our attitude by helping others feel better about themselves through positive words and phrases. (Walk with your head high and your back straight.)

We're going to talk about how your body language communicates your attitude. If you see a kid with his arms crossed and a frown on his face, you know he's probably mad without him having to tell you. That's called body language. Body language is how your body communicates your thoughts and feelings to others.

A big part of positive body language is smiling. Last week we talked about how smiling tells everybody, "I like you." It's easy for people to see you're happy by the way you use your smile. Did you know it takes 43 muscles to frown and only 9 to smile? Not only do you save muscle power but you feel better too! So smile and help yourself and others feel better.

An important part of body language is your walk and posture. The correct posture, how you stand and walk, makes a big difference in how you feel. When you stand up straight and walk with your head high and a smile on your face, it tells the world, "It's a great day for me! I have a great attitude!"

Another way your body controls your attitude is through the way you breathe. When you take good deep breaths into your lower lungs by breathing with your chest, you get more oxygen to your brain and you feel healthier. In fact, one of the best reasons for exercise is that it causes more oxygen to be sucked deep into your lungs, which makes you feel much healthier. When you are as healthy as you can possibly be, you communicate a positive attitude to the world. Besides breathing and exercising, you can become healthier through good eating habits.

Smiling, walking, standing and breathing; all are ways to show your attitude, and easy ways to improve the way you feel.

### Ask your Students:

- **How can you show a great attitude with your face?**  
(By smiling!)
- **How should you walk to show a great attitude?**  
(Walk with your head high and your back straight.)
- **How does your breathing affect your attitude?**  
(When you take deep breaths you feel healthier, which improves your attitude.)

Let's discuss how your attitude is communicated through body language, and some ways of improving your attitude through the use of your body.

Other people see your attitude in your body language. Body language is nonverbal communication — how we say things with our body posture and movements, facial expressions, gestures touching, eye contact, use of space and so on. People can sense your thoughts and feelings through the way you use your body.

One of the best ways to communicate a positive attitude is through your smile. Since it takes 43 muscles to frown and only 9 to smile it makes sense to smile to prevent your face from becoming muscle bound. Your smile affects the attitude of those around you. When you smile you make yourself, and others, feel good.

Studies have shown the way you stand and the way you walk also have a great effect on how others see you. Fortune 500 companies spend lots of money sending their managers and sales people to schools that help them improve their body language. Law enforcement personnel will tell you that a criminal picks a victim based on his body language. Body language makes a tremendous difference in the way others perceive you. Good posture communicates to people that you are confident and have a positive attitude.

Using your body correctly makes you feel better, which will help you have a positive attitude. The right posture makes a tremendous difference in how you feel. The way you move, your physical attitude, makes a tremendous difference to your mental attitude. If you stand or sit with a

slumping posture, there's a good chance you won't feel your best. Besides making you feel mentally less confident, you're not going to be able to breathe as well, either.

When you stand and sit with your head up and your back straight you are able to breathe with your diaphragm. By taking good deep breaths into your lower lungs, your brain receives more oxygen and you feel more alert and healthy. When you are as healthy as you can possibly be, you communicate a positive attitude to the world.

The final point to remember is that your attitude can make a tremendous difference in your health. It has been said that ulcers aren't caused by what you eat but rather by what's eating you. Everyone has germs, but not everyone gets sick. People get sick when germs are present and the body's resistance is low. Since your body's resistance is affected by stress, among other things, it makes sense to control your attitude toward events and things in your life.

Remember, you affect other people's attitudes toward you, your own attitude and your health by the way you use your body. Use your body to promote a healthy image and lifestyle.

## Ask your Students:

- **How can you show a great attitude with your face?**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*“He who has health has hope;  
and he who has hope, has everything.”*

— Arabian Proverb

## LESSON 8

# Using Your Body to Develop a Positive Attitude



- Students will discover how to use their body to help develop a positive attitude.
- By the end of the lesson, the students will know how to use their body to help them develop a positive attitude.

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. What is attitude?
2. What is a positive attitude?
3. What is a negative attitude?
4. Are we born with positive or negative attitudes?
5. Who should develop our attitudes?
6. How should we try to look at events in our lives?
7. Why is it important to say things that help others feel better about themselves?
8. What kinds of things could you say in class to help others feel better about themselves?
9. How can you show a great attitude with your face?
10. How should you walk to show a great attitude?
11. How does your breathing effect your attitude?

## children's story

### The Master and the Soldier

Master Woo called the class together. He told a story that happened on the island of Okinawa during the Vietnam war. Okinawa was a central point for American sailors, soldiers and airmen headed for the Vietnam war. Many of these "GIs" would stay on the island for a few weeks awaiting orders or taking a break from the war.

One evening a great Martial Arts Master and one of his Black Belt students were on their way to visit another great Master on the island. As was the tradition on the island, the older master was bringing a nicely wrapped gift to the house of his friend.

An American soldier who was passing by saw the gift in the old Master's hand demanded that the old master give it to him. The old Master

put the gift behind himself and politely refused. Because of this the GI began shouting at the old man, which soon attracted six other GI's. Now there were seven GI's standing around them shouting, demanding that the old man give up the gift. With this, the old Master stepped behind his student as if to hide.

The young Black Belt began to get into a fighting stance. He was ready to defend himself and his Master when the old Master came out from behind his student with a big smile on his face and began to shake the hand of each GI. This caused everyone to laugh and everybody went on their way with a smile and without a fight.

The next day the young Black Belt went to see his Master. He told him of how proud he was that he was able to avoid what had seemed to be an unavoidable fight. He also admitted that he would have liked to see how he and his master's techniques would have defeated the GI's.

The old man looked straight into the eyes of his student and told him, "That was exactly why you would have been defeated. Because you became tense, expecting to fight. By wanting to 'test' your Martial Arts your attitude is negatively effected. You wouldn't have been relaxed enough to defend yourself. Only by smiling and relaxing are you ready for any situation."

Master Woo concluded his lesson. "So too is it with you. Your body will not work well with a tense attitude. Only by relaxing and smiling will you develop the kind of attitude that will help you win in all areas of your life."

### Ask you Students:

- **What did the young Black Belt do when the GI's challenged him?**  
(He became tense.)
- **What did the old Master tell him would happen when he became tense?**  
(He couldn't use his techniques as well.)
- **Why was this?**  
(Because the tenseness of his body effected his attitude.)
- **How can you improve your attitude?**  
(By smiling and relaxing.)

## Attitude & Health

**O**ur attitude has a lot to do with our health. The more we talk about how bad we feel, the sicker we are likely to become. Some people wake up feeling a fever coming on and let everyone know at breakfast how badly they feel. When they get to the office they say, "Can someone get me a cup of coffee; I'm feeling terrible this morning." At every opportunity they say, "I must be coming down with the flu. This is the worst headache I've had in years." The more they talk about how bad they feel, the sicker they become. The effect is not only deleterious for them, but also for the people around them.

There's a story about the employees of a furniture factory in Michigan who would play an initiation prank on new workers. On a previously agreed day they would drop by the newcomer's machine, one by one, and say, "Joe, you don't

look so good today. Are you feeling sick?" At first the object of their attention would protest that he was feeling fine, but all morning different people would tell him how bad he looked, and he should sit down and rest. Usually, the poor man would go home by noon.

It's widely known that Elvis Presley, the rock-star legend, died shortly before his 43rd birthday of the same cause, at the same age as his mother. It's also widely known that he expected it to happen!

The way you use your body has a tremendous effect on your attitude. Your attitude has a tremendous effect on your health. By using your body correctly and keeping a positive attitude, you can live a long and healthy life.

### Ask your Students:

- **How do your thoughts affect your health?**

If you think sick, you have a much greater chance of being sick.

- **Can other people affect how you feel physically through their words?**

(Of course.)

# DRILL

None.

First, have your students pretend they are Superman, or Superwoman. Have them visualize that they are dressed like a super hero, with the cape flowing behind them in the wind. Have them pretend there are bullets bouncing off their chests. They are invincible.

Now, have them walk forward with their chins up and their chests out as the bullets bounce off them. Ask them how they feel. They'll tell you "confident" and "powerful." Tell them this is one of the ways they can improve their attitude, by using their body. Using their body like this will make them feel very confident. This is an example of using positive physical attitude to affect your mental attitude.

For the second part of this drill, ask them to remember how they felt the last time they were depressed or down. How did they feel? How was their physical attitude? Were their shoulders slumped and breathing shallow. Have them try to duplicate exactly how they felt when they were depressed.

Now, look up at the ceiling or the mirror and put a big grin on your face. Grin as hard as you can. Try to remain depressed with the grin on your face. You can't. This is another example of how your physical attitude affects your mental attitude. You can't have a depressed attitude while grinning.

There are many other ways you can use your body to improve your attitude. Have the students experiment and you'll soon find that your body is ready to give you a great attitude all the time.



*"If you are resolutely determined to make a lawyer of yourself, the thing is more than half done already. Always bear in mind that your resolution to succeed is more important than any other thing."*

— Abraham Lincoln

week five

## LESSON 9

### Expect to Win!



- Students will learn to develop a winning attitude.
- By the end of the lesson, they will have learned the benefits of having a winning attitude.

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. What is attitude?
2. What is a positive attitude?
3. What is a negative attitude?
4. Are we born with positive or negative attitudes?
5. Who should develop our attitudes?
6. How should we try to look at events in our lives?
7. Why is it important to say things that help others feel better about themselves?
8. What kinds of things could you say in class to help others feel better about themselves?
9. How can you show a great attitude with your face?
10. How should you walk to show a great attitude?
11. How does your breathing effect your attitude?
12. Do we have a choice of attitudes or expectations?
13. Will we always be successful if we expect to be successful?
14. What's the difference between the accomplishments of positive thinkers and negative thinkers?
15. Are things easy for people with positive attitudes?

## ages 4-7

This lesson we'll continue to study attitude. Your attitude toward something is either good or bad, depending on how you feel about it. This week, we're going to discuss how we should expect the best from our lives. Some people call this, "Expecting to win."

We have a choice in our lives to expect to win, or to lose. We can expect to be successful, or we can expect to fail. Our expectations will have a lot to do with the outcome; what actually

happens in our lives. If we expect to do well on a test, usually we will do well. If we expect to do poorly, we'll do poorly.

Our lives are largely ruled by our expectations. We won't always be successful merely because we have positive expectations. On the other hand, we'll almost never be successful with negative expectations. So the choice is yours. Why not expect the best? Expect to win!

### Ask your Students:

- **Do we have a choice of attitudes or expectations?**

(Sure we do. We can expect to win, or we can expect to lose. We can expect to be successful, or we can expect to fail.)

- **Will we always be successful if we expect to be successful?**

(Sure we do. We can expect to win, or we can expect to lose. We can expect to be successful

- **Will we always be successful if we expect to be successful?**

(No, sometimes we won't be successful even when we expect to be. But we will never be successful if we anticipate failure.)

**W**hen you expect things to go well, people can sense it. When your attitude is happy and excited, things seem to go your way. This is expecting the best or expecting to win.

When we expect to win, we improve the possibility of winning. Have you ever taken a test at school knowing you were going to do well, and you did? Did you ever take a test at school knowing you would do poorly and you did? This is getting what you expect. We usually get what we expect.

People with negative attitudes don't expect anything to go right or to accomplish anything. And it's no surprise that they're almost always right! Nothing goes right for them; they fail and fail. People with negative attitudes don't attempt anything because they expect to fail. By contrast, people with positive attitudes are 'doers.' They expect to win. They know there will be challenges. They know they might not win the first time, or the second time. But they also know if they keep trying, doing their best and expecting to win, they have an excellent chance to come out on top.

If people listened only to negative thinkers, there would be no steamship, no airplane, no trip to the moon. Negative thinkers say, "It can't be done!" and they quit. Positive thinkers say, "Don't tell me it can't be done; let's just find a way to do it. It may be difficult, it may take a lot of work, but let's find a way to get it done!"

Our lives reflect our expectations. We won't always be successful merely by having positive expectations. But we'll never be successful with negative expectations. The choice is yours to make. Why not expect the best?

Expect to win!

## Ask your Students:

- **Do we have a choice of attitudes or expectations?**  
(Sure we do. We can expect to win, or we can expect to lose. We can expect to be successful, or we can expect to fail.)
- **Will we always be successful if we expect to be successful?**  
(No, sometimes we won't be successful even when we expect to be. But we will never be successful if we anticipate failure.)
- **What's the difference between the accomplishments of positive thinkers and negative thinkers?**  
Positive thinkers are doers; negative thinkers are quitters.)

## adult's

How many times have you heard the old cliché, “It doesn’t matter whether we win or lose, it’s how we play the game?” This, combined with many other negative clichés, provides us with a pacifier when we don’t get the desired results. It allows us to expect less than the best from ourselves and others.

You should always expect the best of yourself. Always “Expect to win.”

Three weeks after the fire, Edison managed to produce his first phonograph machine.

Expecting to win doesn’t mean you expect things to be easy. Having a positive attitude means that you are prepared to overcome obstacles that are placed in your way.

### Ask your Students:

- **Does having a positive attitude mean that things will always go the way we want them to?**  
(Of course not. Our attitude only affects how we feel about an event, it has no affect over whether an event will happen.)
- **What can we learn from Edison’s response to the fire?**  
(With the right attitude we can overcome even the greatest obstacles.)

*"We need men who can dream  
of things that never were."*

— John F. Kennedy

# LESSON 10

## Expect to Win!



- Students will learn to expect things to go well.
- By the end of the lesson, the students will know how to expect things to go well.

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. What is attitude?
2. What is a positive attitude?
3. What is a negative attitude?
4. Are we born with positive or negative attitudes?
5. Who should develop our attitudes?
6. How should we try to look at events in our lives?
7. Why is it important to say things that help others feel better about themselves?
8. What kinds of things could you say in class to help others feel better about themselves?
9. How can you show a great attitude with your face?
10. How should you walk to show a great attitude?
11. How does your breathing effect your attitude?
12. Do we have a choice of attitudes or expectations?
13. Will we always be successful if we expect to be successful?
14. What's the difference between the accomplishments of positive thinkers and negative thinkers?
15. Are things easy for people with positive attitudes?

## children's story

### The Bicycle Accident

Master Woo sat the class down and began to tell them a story about his training when he was young. "I really wanted to become a Black-Belt," started Master Woo. "It was the most important goal in my life."

"One day, while riding my bike, my front fender slipped and caught my front tire. This caused me to fly over my handlebars and onto the road in front of me. Because of my training, I rolled successfully without hurting my head or back but my hand hit a rock." Holding up his hand he continued, "From that, I broke these three little bones in my hand."

"After having a cast put on my hand I was very unhappy because I knew that this was going to slow down my training. I went to my teacher to tell him about my disappointment. My teacher

sat and carefully listened, then he told me 'What a great opportunity you have here! You can come and watch the other students train. From that you can see things that can improve your techniques. Also, you'll be able to discover how to improve your sparring against your classmates. This is going to be a wonderful learning experience for you!'"

Master Woo continued, "When I went to see my teacher I thought he was going to sympathize with me and tell me what bad luck I'd had. Instead, he showed me an opportunity to understand my Martial Arts even better with a broken hand."

"That day my teacher taught me how to look for the good in any situation."

### Ask your Students:

- **What happened to Master Woo?**

(He broke his hand in a bicycle accident.)

- **Was this a "bad" thing?**

(It was to Master Woo at the time, but he later found out it was up to him to decide if it was good or bad.)

## Great Value in Disaster

There is an old Spanish proverb that says, “If your house is on fire, warm yourself by it.”

In December 1914, Thomas Edison’s New Jersey laboratory was virtually destroyed by fire taking much of his life’s work with it! Although the damage exceeded \$2 million, the buildings were only insured for \$238,000 because they were made of concrete and thought to be fireproof.

At the height of the fire, Edison’s 24 year-old son, Charles, frantically searched for his father among the smoking debris. He finally found him, calmly watching the scene, his face glowing in the reflection, his white hair blowing in the wind.

“My heart ached for him,” said Charles. “He was 67 — no longer a young man — and everything

was going up in flames. When he saw me, he shouted, “Charles, where’s your mother?” When I told him I didn’t know, he said, “Find her. Bring her here. She will never see anything like this as long as she lives.”

The next morning, Edison looked at the ruins and said, “There is great value in disaster. All our mistakes are burned up. Thank God we can start anew!”

Three weeks after the fire, Edison managed to produce his first phonograph machine.

Expecting to win doesn’t mean you expect things to be easy. Having a positive attitude means that you are prepared to overcome obstacles that are placed in your way.

### Ask your Students:

- **Does having a positive attitude mean that things will always go the way we want them to?**  
(Of course not. Our attitude only affects how we feel about an event, it has no affect over whether an event will happen.)
- **What can we learn from Edison’s response to the fire?**  
(With the right attitude we can overcome even the greatest obstacles.)

# ***DRILL***

## **Broken Hand Drill**

To see the positive in any situation.

### **Kicking Shields.**

Tell your students that they have a broken hand. They will not be able to use this hand for this drill.

Using a kicking shield, have the students, with their broken hand out of the way, kick the shield. Right after the student kicks with the foot that is the same side as the broken hand, push the target towards the student, making them block. They will probably use their broken hand.

Remind the students that they can't use that hand, its broken. Get them to block with their shoulder, or knee, or with some other part of their body that could be safely used for blocking.



*"A wise man will make more opportunities than he finds."*

— Francis Bacon

# LESSON 11

## Attitude Review



- Students will review the lessons of developing a positive attitude.
- The students will review the information they have learned about positive attitude.

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. What is attitude?
2. What is a positive attitude?
3. What is a negative attitude?
4. Are we born with positive or negative attitudes?
5. Who should develop our attitudes?
6. How should we try to look at events in our lives?
7. Why is it important to say things that help others feel better about themselves?
8. What kinds of things could you say in class to help others feel better about themselves?
9. How can you show a great attitude with your face?
10. How should you walk to show a great attitude?
11. How does your breathing effect your attitude?
12. Do we have a choice of attitudes or expectations?
13. Will we always be successful if we expect to be successful?
14. What's the difference between the accomplishments of positive thinkers and negative thinkers?
15. Are things easy for people with positive attitudes?

## children's story

For the past five weeks you've learned about your attitude. Your attitude is built from how you have learned to think about things. A positive attitude is when you think or feel good about something in your life. A negative attitude is a dislike for something.

Often we develop a negative attitude toward something that isn't based on what we've learned ourselves. It's like developing a negative attitude about spinach without ever having eaten any. We don't know what it tastes like but someone told us it tastes bad, so we thought it was bad.

We learned that when you say something sincerely positive to another person, something

like, "I really like your smile," or, "What a great job you did on your test!" you are helping the other person feel good about himself. When you do this, not only will the other person feel better about himself, but you'll feel better about yourself, too.

We found that other people can sense your attitude through your body language. We also found that the way you stand and walk, and the way that you breathe, makes a big difference in how you feel

Finally we learned we have a choice in our lives to expect to win, or to lose. We can expect to be successful, or we can expect to fail. Our expectations will have a lot to do with the outcome, what actually happens in our lives.

Your attitude is something you develop throughout your life. It is the feeling you have about certain things. You can look at it as the way you incline toward, or away from something. A positive attitude is when you think or feel good about some thing or event in your life. A negative attitude is when you don't like some thing or event in your life.

No matter what, from ice cream to dancing, we have learned our attitude toward it. Sometimes we learn attitudes about events and things from other people in our lives. Many of our attitudes our learned from our parents, friends and relatives.

We learned that people enjoy sincere compliments. When you say, "I really like your smile," or, "I really like how you always have a good answer in class," others appreciate it. People enjoy being around other people who are upbeat and talk to them in a positive way. Not only does this help your friends feel good about themselves, it helps your own attitude, too. We learned how body language communicates your thoughts and feelings to others. We learned that smiling, walking, standing and breathing, are all ways to show your attitude, and easy ways to improve the way you feel.

Finally, we learned that when your attitude is happy and excited, things seem to go your way. When we expect to win we improve the possibility of winning. We learned our lives reflect our expectations and that we won't always be successful merely by having positive expecta-

tions. But we'll almost never be successful with negative expectations.

According to the famous NASA sports psychologist, Dr. Dennis Waitley, the most readily identifiable quality of a total winner is an overall attitude of personal optimism and enthusiasm. One of the most useful lessons one can learn in life is that, even though you can't control all of life's circumstances, situations and people, you can control your attitude toward them. You were not born with attitudes. You have built each one of them, one small part at a time with your thinking, your imagination, and your response to the events in your life. If you incline toward it, you have a positive attitude toward it. If you incline away from it, you have a negative attitude. Your attitude is the emotion you associate with certain things.

The person with a positive attitude is aware of all of the possibilities in a given situation, including the possibility of a negative outcome. However, with all of these possibilities in mind, he or she focuses on the positive. The intent is to use this focus to bring about a positive outcome.

William James , the father of American Psychology, said, " The most important discovery of our time is that we can alter our lives by altering our attitudes." The right mental attitude can help you enjoy life more, get along better with friends and neighbors, get better grades, make more money and enjoy better health. For anyone to make a positive difference in the world, they need to have the right mental attitude.

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## LESSON 12

*"Your attitude determines your altitude"*

— Anon

### Attitude Review

- Students will review the lessons of developing a positive attitude.
- The students will review the information they have learned about positive attitude.

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## ages 4-7

### Working on the Railroad

Master Woo began, “Your attitude will make a big difference in your life’s achievements. This is story about a man named Dave Williams. He was a railroad worker who worked laying railroad tracks. One hot day, as he and his crew were working, a beautiful Pullman car rolled up and stopped near the men working on the tracks.”

“When the train stopped, a man came out of the car and yelled. ‘Dave! Dave Williams, is that you?’”

“It sure is, Jim,’ Dave answered, wiping the sweat from his brow.”

“‘Well come on in and get out of the hot sun,’ said the man motioning to Dave.”

“An hour had past when Dave stepped out of the car, cool and fresh, with the arm of the other man around him in an obvious show of friendship. Waving good-bye, Dave stepped off the train. All his crew surrounded him.”

“One of his crew excitedly asked, ‘Wasn’t than Jim Murphy, the president of the railroad, you were talking ing to?’”

“‘Why, yes it was,’ answered Dave.” “‘How is it you know Jim Murphy so well?’ he asked.”

“Dave answered, ‘Well, you see boys, a little over twenty year s ago, Jim Murphy and I started working for the railroad at the same time, laying rails just like we’re doing here today. We’ve been friends ever since.’”

“The obvious question came next. ‘Well, if you and Jim star ted working for the railroad together at the same time, how come he’s president of the railroad and you’re still here laying track in the hot sun with us?’”

“Dave’s smile faded, as he hung his head and replied, ‘You see, when I came to work, I had the attitude I was working for five dollars a day. When Jim came to work, he had the attitude he was working for the railroad.’”

Master Woo finished by stating, “Jim’s attitude of working for the railroad pulled him up the ladder of success. Your attitude of service to others will pull you up that ladder too. Work on developing and keeping that positive attitude and you, too, can become the president, instead of ‘working out in the hot sun’ for the rest of your life.”

### Ask your Students:

- **What was the difference in the two men’s attitudes?**

(Dave worked for money, Jim worked to improve his life and the business he worked for.)

- **What is the lesson for us?**

(We need to develop a positive attitude in order to be successful in life.)

## Winston Churchill's Positive Attitude

**H**aving a good attitude doesn't mean that everything is going to work out. But there is a much higher probability of having things work out with a positive attitude than a negative one. In fact, I heard one time that if we were stranded on a deserted island, and you had appendicitis, it would be much better if I told you, "Look I've seen a lot of doctor movies and TV shows and I'm confident I can take out your appendix with my pocket knife." In fact I'm sure you'd rather hear that than, "You're going to die!" A positive attitude can make a big difference in the outcome because it makes a big difference in our expectations. In fact it made a tremendous difference in the thought process of Winston Churchill and the outcome of World War II.

In February 1901, a young Winston Churchill, slim and elegant at twenty-six, rose to make his first speech in the House of Commons. This was to be his stage for the next fifty years, and on it he was to receive almost constant criticism and suffer many defeats. In those early years he was probably the most hated man in that house, and was referred to as the Blenheim Rat. (He was born in Blenheim Palace near Stratford-on-Avon.)

Thirty-eight years later, when Great Britain was on the verge of collapse from Hitler's assaults in World War II, King George VI asked Churchill to form a new government. At sixty-five he was the oldest head of state in Europe. The old, crusty politician had lived too long and was too battle-scarred to put on a false smile or talk in Pollyanna terms about the future. "I have nothing to offer you but blood, toil, tears, and sweat," he told his countrymen that Sunday night in 1940. But within that blunt realism he had an attitude

of expectancy, an attitude that let others know he expected to win. After the fall of France, Churchill said, "We shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the hills, we shall never surrender."

It was this attitude, anchored in reality, but based in confidence and hope in the spirit of the people of the free world that helped Churchill lead Britain through its 'darkest hour.' Churchill had a winning attitude. He knew what he was up against, but he had the attitude that he, and his country, would not be defeated. He would not think defeat. He believed, if they continued to fight, they would eventually emerge victorious, and, of course, they did.

Like Churchill, don't expect the best to come easily or without struggle; it won't. In fact, the struggle is what makes the victory sweet. The fact remains that you won't win if you think defeat, you'll merely reach your expectations. So expect the best, expect to win!

### Ask your Students:

- **Does having a positive attitude mean that everything will happen the way we plan?**

(No. But, having a positive attitude will improve the probability that events will happen the way y we plan.)

- **What effect does a negative attitude have on your outcomes?**

(A negative attitude will insure a self-fulfilling prophecy.)

# DRILL

## Focus On The Positive

To help the students remember to stay focused on the positive things in their life and class. Optional. The students can be by themselves or in pairs. You can use this exercise for almost every facet of your martial arts training.

Begin the exercise by assigning the class something to do.

Example: Tell everyone to find a partner. Then ask them to do a form, combination set, self-defense technique, etc. When they are finished, each student's partner should tell him as many things as possible that he is doing well. Then have the students change roles.

Once each student has played the part of 'a good finder,' have the students rotate and work with new partners. Different people will find different things that are positive. This will give everyone a lot of positive feed back.

At the close of the exercise the instructor should explain that this exercise was designed to help everyone identify the things they are doing well. This gives them a strong foundation to build upon as they continue to learn and grow.

### Recommendations:

1. If you have the students work on their own, have them do the exercise/ technique a few times and then tell the instructor or other students what they are doing well.
2. Use this exercise/drill for any of your skills from self-defense, kicking and punching skills to sparring. It will also help them learn to be more aware of the positive aspects of each other by having them verbalize these aspects



## curriculum notes

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