



MATA
MARTIAL ARTS
TEACHERS' ASSOCIATION

**Martial Arts Teachers' Association
Life Skills and Leadership Curriculum**

CREATIVITY

***"There is enough in the world for everyone to live on happily
and to be at peace with his neighbor."***

Harry S. Truman

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

Creativity is the freedom to think differently in the world of home, work, school, and interpersonal relationships. It is having and implementing novel ideas, and thinking outside of the box. In Martial Arts and in life, creativity is an essential part of finding solutions to the problems that inevitably arise.

Using a Creative approach to life's challenges will inevitably enhance the outcome. By integrating Creativity into home, school, work and friendships, the students will see that their lives can be enriched, and in turn, they can enrich the lives of others.

At home, Creativity can foster a sense of teamwork among family members that will make the house run smoother. At school, Creativity can enable the student to enjoy classes they might not otherwise be interested in. At work, the student who thinks creatively will undoubtedly go further than one who doesn't. Being Creative while fostering friendships will cultivate long lasting relationships that will enhance the student's life.

Martial Arts is itself, a creative form of expression that enables the students to expand their lives by giving them the tools they need to face adversity in a creative way. It is important to encourage Creativity in order to give the student's as many tools as possible that will help them be a success in life.

- ☐ Creativity Worksheets
- ☐ Creativity Lesson
Quotes
- ☐ Pre-Test Letter
- ☐ Post Test Letter

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curriculum notes

This image shows a single 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.

the big picture

Week 1:

Lesson # 1	What Is Creativity?
Lesson # 2	Creativity Story / Drill

Week 2:

Lesson # 3	Why Is Creativity Important
Lesson # 4	Creativity Story / Drill

Week 3:

Lesson # 5	Creativity At Home
Lesson # 6	Creativity Story / Drill

Week 4:

Lesson # 7	Creativity At School Or Work
Lesson # 8	Creativity Story / Drill

Week 5:

Lesson # 9	Creativity & Friendships
Lesson # 10	Creativity Story / Drill

Week 6:

Lesson # 11	Creativity Review
Lesson # 12	Creativity Review

TEST

Recommended study for instructors teaching this course:

The Creative Journal for Children by Lucia Capacchione
(Shambhala Publications - 617-424-0228)

The Creative Problem Solver's Toolbox by Richard Forbes
(Solutions Through Innovation - 800-247-6553)

sample pre-test letter

Dear Mr. & Mrs. (insert name),

Congratulations!

(Insert name) has passed (his/her) examination and, effective immediately, holds the rank of (insert rank). Not only has (insert name)'s improved physically, (he/she) has learned that bringing creativity into (his/her) life is an important aspect of living a complete life. To us, and we're sure you'll agree, creativity plays a big part in anyone's life. All of us at (YOUR SCHOOL) are proud to have played a part in helping (insert name) understand how creativity plays a large part of everything (he/she) does.

For the next six weeks our curriculum will focus on improving (insert name)'s creativity as well as developing another equally important life skill, (insert Life Skill). Over the next few weeks we will work to help your child improve (insert Life Skill). Our lessons and drills will focus on how to improve in this very important area.

When these lessons have been completed, (insert name) will be well on the way toward learning how to apply (insert Life Skill) in (his/her) life. Look out for our special Poster and our Quotes of the Month when you stop by the school. Oh, and please remember to do your part at home by encouraging your child to talk about these lessons with you. One is never too young to learn how to enjoy life to its fullest!

Yours Sincerely

The Staff at (YOUR SCHOOL)

PS. As always, if you have any questions at all about our program or your child's progress, please don't hesitate to call us at (insert phone number).

sample post-test letter

Dear Mr./Mrs. (insert name),

(Insert name) has completed nearly all the requirements for (his/her) next rank and will be testing for (his/her) new belt shortly. In addition to having worked on (his/her) physical skills, (insert name) worked on (his/her) understanding of how creativity plays an important role in (his/her) life.

We feel that understanding the why and how in stretching your imagination is a major factor in how to live your life. For the past few weeks your child has also been working at building (his/her) values, integrity and creative skills.

We have discussed that creativity can be the fire that makes the most mundane job blaze. Also, how the creative process involves everyone around us, not just individuals. With this knowledge, your child is now better prepared to creatively solve the problems that (he/she) will face in life.

We're excited that we could be part of sharing such valuable life skills with (insert name) and encourage you to help build and reinforce (his/her) understanding of the creative process for the rest of (his/her) life. In fact, we're hoping that your child's exposure to these lessons on creativity will allow (him/her) to develop an ongoing creative spirit in (his/her) life.

Yours Sincerely,

The Staff at (YOUR SCHOOL)

P.S. Don't forget (insert name) graduation on (date). We look forward to seeing you there!

curriculum notes

[illegible]

“Whatever creativity is, it is in part a solution to a problem.”
— **Brian Aldiss**

week one
LESSON 1

What Is Creativity?



- Students will learn the meaning of Creativity.
- By the end of the lesson, students will understand what Creativity is.

ages 4-7

Creativity is combining old ideas in new ways. It can also be coming up with new ideas for how to solve an old problem. It can be bringing forth new ideas or different ways of doing things.

Ancient man used creativity to solve basic problems. Once he got tired of dragging large objects to get them from one place to the other, he figured out that the wheel would help the work go a lot smoother. That one creative solution changed the course of civilization. It

is up to you to tap into your own creativity to help find solutions to the challenges that you face every day. Creativity can make a difference in your life by making it easier and more enjoyable.

The Martial Arts is a creative way for you to stay focused on your goals that will help you be successful. Creativity is combining old ideas in new ways. It can also be coming up with new ideas for how to solve

Ask your students:

- What is Creativity?
(Creativity is combining old ideas in new ways. It is also coming up with new ideas for how to solve old problems.)
- How does Creativity make a difference?
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(Creativity can make life easier and more enjoyable.)

adults

Creativity is combining old ideas in new ways. It can also be coming up with new ideas for how to solve an old problem. It can be bringing forth new ideas or different ways of doing things.

Imagine life without the wheel. That one creative solution to an old problem changed the course of man's development and influences your life still today. So many things that are taken for granted in day to day life, were once only dreams in a creative mind.

It is up to you to tap into your own creativity

to help find solutions to the challenges that you face every day. Creativity can make a difference in your life by making it easier and more enjoyable. It can make the mundane exciting, and the dreary, fun.

The Martial Arts is a creative way for you to stay focused on your goals that will help you be successful.

Topics for Discussion

- What one creative solution has helped to improve your life?
- What would life be like without that solution?

***“I must create a system or be enslaved by another man’s; I will not reason and compare: my business is to create.” -
— William Blake***

week one
LESSON 2

What Is Creativity?

- Students will learn about different forms of Creativity.
- By the end of the lesson, through stories and a drill, students will be able to appreciate and cultivate their Creativity.

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

1. What is Creativity?
(Creativity is combining old ideas in new ways. It is also coming up with new ideas for how to solve old problems.)
2. How does Creativity make a difference?
(Creativity can make life easier and more enjoyable.)

children's story

A Creative Solution

One day, a truck got stuck under a freeway overpass because it was too tall to pass under. Police and engineers were called to figure out a way to get the truck unstuck. They worked for some time, even considering using jackhammers to break up the concrete of the underpass.

A small boy, who was on his way to his Martial Arts class, was in one of the cars held up in the traffic the accident had produced.

Recalling the creativity lessons he had been taught in class, he rolled down his window and beckoned to one of the engineers that was working on the problem.

The little boy said, "Sir, why don't you just let some of the air out of the truck tires, then drive the truck out?"

That's exactly what they ended up doing!

Ask your students:

- Why do you think the little boy could see a better way to free the truck than the adults could?

(Because the little boy was looking at it from a different perspective and not letting the bigger problem get in the way of Creativity).

Creativity Can Make a Difference

Hundreds of people have lost weight using the diet plans of Richard Simmons. Why, when the diet industry rakes in billions of dollars every year, would someone choose Simmons' program over another? Because they would be hard pressed to find a more Creative individual when it comes to inspiring the overweight individual.

Simmons' methods, while outrageous at times, are a blend of common sense nutrition and Creativity, that appeal to those that need his help. He has set himself apart from most other programs by using Creative techniques that hadn't occurred to others. Not many fitness trainers will dress up like a Weight Angel and wear a pair of huge wings.

Creativity can make all the difference when it comes to audience appeal. In touches, by the same token, can make a world of difference at home, at school, at work, or at play. Dare to step out of the norm and show your creative side.

Topics for Discussion:

- Has self-consciousness ever stopped you from Creatively expressing yourself?
- How can Creativity improve your life?

DRILL

Ready, Set, ACTION!

The purpose of this drill is to help the students work on their focus and control while, at the same time, using their imagination.

You will need shields or focus pads Note: these may be necessary for the younger students.

Kids love to use their imaginations but they don't have many chances to use them in the Martial Arts because they are so structured. This exercise is designed to allow the students to use their imagination while developing better focus and control.

To tie this drill into the specific skill requirements for your curriculum, assign specific techniques for each group or rank. Make these techniques the new ones they have to learn or ones they need to improve from the past.

Once the students know what techniques they can use, begin by telling them they are going to create their own movie or self-defense scene.

Instructors Note: Emphasize from the very beginning that the purpose of the exercise is to demonstrate excellent focus and control on every technique.

Now, divide the students into groups of two or more. To assist the younger students you may have to create a little skit in advance for them to do. You may also want them to put a shield in front of their bodies rather than risk one student hitting another.

For the older or more advanced students let them create their own skit or scene. Let them know when everyone is done they will have to demonstrate the set for everyone else. Tell them to be imaginative when they put together their set.

Option: With the older students you may not want to limit the techniques they can use. Have some of the older or more advanced students create a small story to go along with their skit. Remember to give them a time limit to work with.

“The very essence of the creative is its novelty, and hence we have no standard by which to judge it.” -
— Carl R. Rogers

week two
LESSON 3

Why Is Creativity Important?



- Students will learn why Creativity is important.
- By the end of the lesson, the student will know why Creativity is important.

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

1. What is Creativity?
(Creativity is combining old ideas in new ways. It is also coming up with new ideas for how to solve old problems.)
2. How does Creativity make a difference?
(Creativity can make life easier and more enjoyable.)

ages 4-7

If you decided that being creative was too much trouble, and that it was easier just to do things the way you always have, you would be choosing to always be a follower; following someone else's ideas and ways of doing things. If you choose, instead, to look at everything you do, and think of better ways to do them, you will be tapping into your own creative mind. You can become the leader of your destiny.

Of course, there are certain things that we do because we know that others have tested certain methods and have proven them to be the right way. Fire prevention, safety rules, personal hygiene, etc. or a few things where Creativity can be limited in order to ensure proper concern for you and others.

There are many other activities where being creative is appropriate and where you can

make an improvement in your life. Improving your study skills, helping with household chores, time-savers and such, are times when creativity can come in handy.

Ask your students:

- Why is Creativity important?
(Creativity can make leaders out of followers.)
- What are some ways that Creativity can help improve your life?
(Creativity can improve your life by helping you to develop new skills to do things the best way for you, not necessarily the way they always been done.)

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adults

Man is constantly faced with new challenges thanks to an ever-changing world. New innovations are constantly being presented to help to face those challenges. These innovations come from Creative minds. Some people choose to take advantage of solutions that others have introduced, without ever using their own Creative instincts to overcome obstacles. These people are followers.

By studying the Martial Arts, you have already chosen to not be a follower. You see that the Martial Arts is a Creative way to face challenges in your life, without depending on others. Use your creativity to find solutions to your own challenges in order to be a leader in all aspects of your life.

Topics for Discussion

- How is the Martial Arts an example of Creativity in your life?
- Why is that important for you?

“Any activity becomes creative when the doer cares about doing it right, or doing it better.”
— John Updike

week two
LESSON 4

Why Is Creativity Important?



- Students will learn see the importance of Creativity as a part of their life.
- By the end of the lesson, through stories and a drill, the student will see the importance of integrating Creativity into their daily lives.

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

1. What is Creativity?
(Creativity is combining old ideas in new ways. It is also coming up with new ideas for how to solve old problems.)
2. How does Creativity make a difference?
(Creativity can make life easier and more enjoyable.)
3. Why is Creativity important?
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children's story

Creativity Can Win Over Beauty

Master Woo faced the class and told the following tale:

"There was once a peacock and a crow. Both fell in love with a beautiful swan, and set about wooing her.

The peacock said, 'It is apparent who this lovely creature will fall in love with. I have beautiful feathers that I will show her, and she will see that I they are much more attractive than your common black ones.'

The peacock proceeded to fan out his feathers and strut around the lake for the swan to see.

For a moment, the crow feared that the peacock was right, and that he had no chance with the beautiful swan. Then he noticed some new spring flowers growing by

the lake. He flew to the blooms, collected as many as he could hold and flew over the lake where the swan was swimming. He dropped the bloom carefully in a circle around the swan and then said, "Beautiful lady, not even these blooms do you justice."

The swan fell in love with the crow at that moment, never giving the peacock a second glance."

Master Woo then told the class, "Just like the crow, you must look at a difficult situation and use Creativity to overcome the challenge."

Ask your students:

- Was the peacock being Creative by showing off his feathers?
(No, he was bragging.)
- Was the crow just being Creative by collecting the blooms?
(No, he was also being considerate of the swan, and thinking of her before himself.)

Inspiring Creativity

Inspiration is another element that fosters a creative mind. It helps to start each day with an inspiring thought or little story left behind by the creative genius' of the past (Shakespeare, Frost, e.e. cummings, Wilder, and Aesop to name a few). These parables and thoughts will uplift you and guide you through the day, keeping your mind in a lofty place.

The soul is lifted by noble reflections from minds and hearts that have soared beyond the norm. When your soul is uplifted your ability to grasp and perceive in creative ways is greatly enhanced. Your desire to reach beyond your present boundaries is stimulated. This is the essence of a creative attitude, the desire to reach for new horizons.

A creative mind needs the resiliency and flexibility that results from inspiration. Inspiration reminds one of a childlike attitude of exuberance and acceptance of life. This can be felt in the expression of a happy toddler. Start your day with this feeling and everything that comes your way will be sweetened. Creative solutions will become obvious for even life's most difficult challenges.

Topics for Discussion (adults)

- What or who provides you with inspiration?
- How can you tap into that inspiration to become more creative?

DRILL

Imagine That!

This drill will allow your students to use their imagination to create new techniques. You will not need any equipment unless you decide to modify this drill.

First, this drill is rather simple but very powerful. Ask your students to create their own special Martial Arts technique. They will attempt to create something they have never done before. They will also need to name their new technique.

There might be some will be reluctant in the beginning. However, tell everyone to be as creative and imaginative as possible. Tell them there are no rules, restrictions or a right or wrong solution.

They might create a new:

- Kick
- Punch
- Strike
- Self-defense Technique
- Form, etc.

Again, remind everyone that there is no right or wrong answer in this exercise. They should be as imaginative as time will allow.

When time is up, have everyone tell and demonstrate their newly created technique. Be sure to always find something positive about everyone's idea or creation.

Stress to your students that there is no limit to their imagination and the power of their minds. Get excited about being creative in the martial arts.

“When all is said and done, monotony may after all be the best condition for creation.”
— Margaret Sackville

week three
LESSON 5

Creativity At Home

- Students will learn how Creativity can improve life at home.
- By the end of the lesson, the student will know how to use Creativity at home.

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

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(Creativity is combining old ideas in new ways. It is also coming up with new ideas for how to solve old problems.)
2. How does Creativity make a difference?
(Creativity can make life easier and more enjoyable.)
3. Why is Creativity important?
(Creativity can make leaders out of followers.)
4. What are some ways that Creativity can help improve your life?
(Creativity can improve your life by helping you to develop new skills to do things the best way for you, not necessarily the way they always been done.)

ages 4-7

How many times have you wanted to do something fun, and your parents refused to let you until you had cleaned your room (or finished your homework, done the dishes, mowed the lawn, folded the laundry, and a number of other chores)? All of those things are an important part of making a home safe and enjoyable. They are important tasks that deserve attention.

That doesn't mean that they have to be dreary and time consuming. Using Creativity can make household tasks a fun part of your day that will lead to harmony at your home. Figure out ways that chores can be fun. Have mom or dad help you make a list of what needs to be done, and find ways to combine jobs, tailor steps or make a game of the task, in order to get the job done.

Ask your students:

- What are some ways that you can use Creativity at home?
(By making daily chores more fun, you can get the job done much faster and be more likely to do it every day.)
- Why is Creativity important at home?
(Creativity is important at home because it helps to make the house run smoothly which makes everyone happier.)

How many times have you wanted to do something fun, and your parents refused to let you until you had cleaned your room (or finished your homework, done the dishes, mowed the lawn, folded the laundry, and a number of other chores)? All of those things are an important part of making a home safe and enjoyable. They are important tasks that deserve attention.

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adults

Is there a constant battle at your house to keep things in order or to get everything done in one day that needs to be done? Has the stress of maintaining order at home, work and school made for stress or tension for your family? Creativity can help to relieve the stress at home and bring harmony to your family.

The most important thing for a healthy home, is that everyone who lives there realizes the importance of their place in the family unit. Each family member must take pride in making the home the best it can be. By using Creativity, household chores can be done because there is a desire to do them, and to make the home a more comfortable place. It does not have to be because they are mandatory assignments that keep the family from fun tasks.

The best way to be creative is to rid yourself of all the clutter that is taking up space, not just clutter around the house, but mind clutter. First, assess what is really important to keep, and then eliminate what is not. With both

physical and mental clutter, this will enable you to get the Creative juices flowing and provide you with room to work in order to make your house a home.

Spend time finding ways to streamline chores or make them interesting so that family members will more readily participate in doing them. Small rewards – stickers, certificates, stars on a chart – can be great motivators. Have a family reward day that comes once a month if all tasks are completed in a timely manner. Being creative can benefit the whole family, and make each member do their part.

Topics for Discussion

- What aspects of your home life could be improved using Creativity?
- What kinds of Creative solutions have you found for challenges at home?

***“Make visible what, without you, might perhaps never have been seen.”
— Robert Bresson***

week three
LESSON 6

Creativity At Home

- Students will learn more about using Creativity at home.
- By the end of the lesson, through stories and a drill, the student will know ways that they can improve their home life experiences using Creativity.

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

1. What is Creativity?
(Creativity is combining old ideas in new ways. It is also coming up with new ideas for how to solve old problems.)
2. How does Creativity make a difference?
(Creativity can make life easier and more enjoyable.)
3. Why is Creativity important?
(Creativity can make leaders out of followers.)
4. What are some ways that Creativity can help improve your life?
(Creativity can improve your life by helping you to develop new skills to do things the best way for you, not necessarily the way they always been done.)
5. What are some ways that you can use Creativity at home?
(By making daily chores more fun, you can get the job done much faster and be more likely to do it every day.)
6. Why is Creativity important at home?
(Creativity is important at home because it helps to make the house run smoothly which makes everyone happier.)

children's story

Creative & Get the Job Done

Joey and Sam were getting ready to start their Martial Arts class. Joey asked Sam if he could come over after class. Sam explained that he couldn't because he hadn't finished his chores at home. Joey was disappointed because it was the third time Sam hadn't been able to play for the same reason.

Joey said to Sam, "Remember when Master Woo talked about taking your responsibilities at home seriously? He talked about using Creativity to make your chores interesting. Ever since then, I've had no problem keeping up with my work. Let's go to your house after class and see what we can do."

The boys got to Sam's house and told his

mother that they were going to work together to do Sam's chores. In no time at all, they had the chores completed. They had fought the evil dust monsters and eradicated them all from the surfaces of the furniture in Sam's room. They had hidden the stray toys in the toybox to keep the dangerous spies from discovering the government secrets they held. They had hung all of the disguises in the closet to keep them secret from the enemy. Before to long, all of Sam's chores were done, and the boys couldn't have had a better time doing them.

Joey said, "You see, Sam, all it takes is a little Creativity to enjoy getting the job done."

Ask your students:

- How did using Creativity help Sam?
(It made his chores a lot more fun.)
- Did the chores seem like work to the boys?
(No, because by making them Creative, they became easier to do.)

Mind Games

Life magazine ran an article in July of 1994 about a group of nuns that were in the 80s, 90s and centenarians. All of these women were alert, articulate and showed no signs of Alzheimer's disease or any other form of mental degeneration. Why? They said they loved to do puzzles every day. They exercised their minds daily. This article focused on the fact that we think by creating dendrite connections in the neural pathways of the brain. Neurologically this is called "use dependent plasticity." If we don't continue to create new neural connections, the brain will begin to atrophy. This is the onset of senility.

Most of us have formed definite neural patterns of thought. We use habitual methods of thinking to approach life's challenges. In this way, we have created deep ruts in our brain. We have truly hard-wired our mechanism for thought, the brain. If we accept the concept that mind is created by consciousness acting upon the brain, we can see that we need to create flexibility in the brain to have a flexibility of mind.

Topics for Discussion

- How can doing mental exercise improve your life?
- Have you been performing habitually as opposed to creatively?

DRILL

Trust Your Instincts

This drill is designed to help students trust their instincts as they practice self-defense techniques. The equipment needed will be a result of your's and your student's imagination. Be creative!

This is a basic drill to help students learn to trust their instincts and natural reactions for self-defense. The first thing to emphasize to your students is that during this drill there is...

"No Right Way or Wrong Way!"

The key will be using their imagination to respond to some special situations or scenarios that you are going to create.

Begin this exercise as a simple stress drill/line. You can just start by having students attack one student, one after another, as quick as possible, with the same or varying attacks. Tell your students to do whatever they want to get away as long as it is quick and IT WORKS. Tell them NOT to think, but to just react! Tell them to learn to...

Trust Their Instincts!

As the students get improve or, with older or more advanced students, get more creative and challenging. The following are some ideas for some creative situations:

1. Have a student sit in a chair and tie their arms to the chair.
2. Blindfold them (Be very careful with this one)
3. Make them hop on one leg (the other one is broken)
4. Tie their ankles tight together
5. Tie their ankles and wrists together

It is important to remember that the more imagination you use the more fun this drill will be and the more value your students will receive.

Have fun with this one!

***“Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.”
— Albert Einstein***

week four
LESSON 7

Creativity At School Or Work



- Students will learn the benefits of Creativity at school or work.
- By the end of the lesson, the students will know how to use Creativity to improve their school or work environment.

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

1. What is Creativity?
(Creativity is combining old ideas in new ways. It is also coming up with new ideas for how to solve old problems.)
2. How does Creativity make a difference?
(Creativity can make life easier and more enjoyable.)
3. Why is Creativity important?
(Creativity can make leaders out of followers.)
4. What are some ways that Creativity can help improve your life?
(Creativity can improve your life by helping you to develop new skills to do things the best way for you, not necessarily the way they always been done.)
5. What are some ways that you can use Creativity at home?
(By making daily chores more fun, you can get the job done much faster and be more likely to do it every day.)
6. Why is Creativity important at home?
(Creativity is important at home because it helps to make the house run smoothly which makes everyone happier.)

ages 4-7

Why is it that sometimes you find yourself during the school year, counting down the days until summer begins? Then, when it finally arrives it seems so short, and before long, you are grudgingly counting the short days

until school begins again. A much better situation would be to be counting down the days for school to begin because you can't wait to get back to the classroom to open your mind to new learning opportunities, and looking forward to the fun and excitement of school.

If there are things about school that aren't as exciting as spending time off with your friends, then you haven't been creative about how you are approaching school. Every day at school is an opportunity to learn new and interesting things that can help you to become

successful in life. Reading can introduce you to lands and adventures you would never visit or experience otherwise. Math can help you to learn to solve problems step by step. It can help you to be more organized. Science can introduce you to how things work, and why things happen. History can teach you about people who lived before you and how their lives affect yours.

Be creative about your school day. Choose an outfit to wear that makes you feel happy and comfortable. Bring a notebook that you will have fun writing in, and use a pencil that is special. When doing homework assignments, think of creative ways to present your work. Make colorful title pages for book reports. Do your math work on graph paper for neat numbers. When you are studying a particular subject in Science or History, ask your parents to find a television program that relates to your studies and watch it together.

You spend a lot of time in school. Be creative, and it will be fun!

Ask your students:

- What is your favorite part of school?
(answers will vary)
- What is Creative about that part that keeps you interested?
(answers will vary)
- What suggestions can you make to bring Creativity into your classroom?
(answers will vary)

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Bring a notebook that you will have fun writing in, and use a pencil that is special. When doing homework assignments, think of creative ways to present your work. Make colorful title pages for book reports. Do your math work on graph paper for neat numbers. When you are studying a particular subject in Science or History, ask your parents to find a television program that relates to your studies and watch it together.

You spend a lot of time in school. Be creative, and it will be fun!

Ask your students:

- What is your favorite part of school?
(answers will vary)
- What is Creative about that part that keeps you interested?
(answers will vary)
- What suggestions can you make to bring Creativity into your classroom?
(answers will vary)

adults

Many employers have found that by welcoming Creativity and free thinking in the workplace, there is an increase in productivity and retention, and a decrease in absenteeism.

In the same way, institutes of higher learner that accept alternative courses and work-experience credits have increased their enrollment and have a high percentage of graduating Seniors.

Allowing individuals to function as such and tapping into each person's particular talents can increase the positive results of both school and the workplace.

Even if you attend a more traditional school, or work in a setting that limits employee input, you can be creative in how you approach your studies or workday. Creativity can improve your attitude and relationship with fellow students or employees.

Topics for discussion

- How are you able to be Creative in your school or workplace?
- How can productivity be increased where you go to school or work using Creative alternatives?

“True creativity often starts where language ends.” — Arthur Koestler

week four
LESSON 8

Creativity At School Or Work



- Students will learn the benefits of Creativity for school or work.
- By the end of the lesson, through stories and a drill, the students will know how to use Creativity to improve their school or work environment.

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

1. What is Creativity?
(Creativity is combining old ideas in new ways. It is also coming up with new ideas for how to solve old problems.)
2. How does Creativity make a difference?
(Creativity can make life easier and more enjoyable.)
3. Why is Creativity important?
(Creativity can make leaders out of followers.)
4. What are some ways that Creativity can help improve your life?
(Creativity can improve your life by helping you to develop new skills to do things the best way for you, not necessarily the way they always been done.)
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(By making daily chores more fun, you can get the job done much faster and be more likely to do it every day.)
6. Why is Creativity important at home?
(Creativity is important at home because it helps to make the house run smoothly which makes everyone happier.)
7. What is your favorite part of school?
(answers will vary)
8. What suggestions can you make to bring Creativity into your classroom?
(answers will vary)

children's story

Travis Solves The Problem

Master Woo told the class that he needed their help solving a problem. He had more equipment for the Martial Arts school than he had space to store it. He explained that he was depending on them to help him solve the dilemma. He showed the class the equipment piled in the corner of the room, and the empty closet, with very little floor space, that it should go in, and some hooks he had bought with which to hang equipment in the closet. He asked the class for suggestions.

Many students raised their hands and said that there was no way the equipment would fit. Some suggested leaving some of the equipment in the corner and putting what they could in the closet. Finally, Travis raised his hand and made the following suggestion.

"Master Woo, why can't we take the hooks that

you intended for the closet, hang them from the ceiling around the perimeter of the room and hang what equipment that cannot fit in the closet from the hooks. That way, the equipment is stored out of the way when we are not using it, it does not take up floor space, and yet, we can reach it when need be."

Master Woo commended Travis on his Creativity in solving the problem and the class set out to do what he had suggested.

Ask your students:

- Why was Travis's suggestions so good?
(Because he didn't limit himself to the space of the closet.)
- How was Travis Creative?
(He stopped looking at the obvious and used a different solution then was expected.)

Creativity Over Complacency

In 1978, professor of education C. Samuel Micklus decided he had seen enough classrooms where complacency, not creativity was rewarded. So he founded Odyssey of the Mind, a tournament touting creative problem solving. The competition has caught on worldwide.

Today, more than one million youthful participants in 50 states and 20 countries are convening to solve one of each year's five 'problems,' or challenges. (For example: "Build several mini-terrain vehicles that can circumscribe arcs, survive sand traps, dive from a ramp into a pool of water (and much more), for less than \$90 in materials – and develop a thematic story line to integrate this performance into a seamless tableau.) It's part science fair, part masquerade party, and part junior Bell Labs – and it's teaching the next generation to create solutions for the 21st Century.

Teachers and employers are seeing the need to incorporate this type of innovative thinking into the day to day operation of schools and business. It is up to you to step out of the norm and think of ways to stretch your talents using Creativity to cultivate success.

Topics for Discussion

- Is complacency making your job or school work mundane and tiresome?
- What Creative ways can you improve your performance on the job or at school?

DRILL

Choose Wisely

During the past weeks we have been concentrating on the physical aspects of creativity and imagination. This drill will help the students understand the close relationship their 5 senses have with the creative process.

To help with this drill a white board or large piece of paper with markers will be needed. First, have the students form a circle. Note: Larger groups should be broken into smaller circles. Next, ask the students to name the 5 senses: Sight, Smell, Taste, Hearing and Touch. Write these down and ask each student, "If you had to give up one of your senses, which would it be, and why?"

After going around the circle, explain that the creative process involves a combination of the senses. Some to a lesser degree than others. For example, to be a chef, you need your eyes, nose and mouth. A pilot requires eyes, hearing and touch. A musician, hearing, touch and eyes are a necessity. Note: Rare individuals such as Beethoven and Ray Charles have succeeded without all three. Even riding a bike or skateboard requires eyes, hearing and touch.

“Humor is the magic elixir of life”
— W. Somerset Maugham

week five
LESSON 9

Creativity & Friendships

- Students will learn the benefits of Creativity for the friendships they develop.
- By the end of the lesson, the students will know how to use Creativity to improve their relationships with others..

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

1. What is Creativity?
(Creativity is combining old ideas in new ways. It is also coming up with new ideas for how to solve old problems.)
2. How does Creativity make a difference?
(Creativity can make life easier and more enjoyable.)
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6. Why is Creativity important at home?
(Creativity is important at home because it helps to make the house run smoothly which makes everyone happier.)
7. What is your favorite part of school?
(answers will vary)
8. What suggestions can you make to bring Creativity into your classroom?
(answers will vary)

ages 4-7

How many friends do you think you would have if after you met someone, you never called them again, never asked them to play, or never made an effort to learn more about them? Not many probably. In order to have friendships that last, you must be willing to work for them. This includes being creative at times.

When you plant a seed, you water it, and you make sure it has enough sun, you will more than likely produce a nice plant. It is the same with friendship. If you plant the seed (introduce yourself), water it (be kind and considerate), make sure it has enough sun (share good times and help during bad ones), you will more than likely produce a good friendship.

Through the Martial Arts you have met

many people. You know that your fellow Martial Arts students care about being dedicated to their goals and achieving success. Work together with your fellow Martial Arts students to form Creative friendships.

Ask your students:

- What do you have to do to be a good friend?
(Be kind and considerate, share good and bad times, etc.)
- What do you have in common with your fellow Martial Arts students?
(You are all working hard to reach your goals.)

How many friends do you think you would have if after you met someone, you never called them again, never asked them to play, or never made an effort to learn more about them? Not many probably. In order to have friendships that last, you must be willing to work for them. This includes being creative at times.

You have probably heard the phrase, “You can tell a lot about someone by the company they keep.” This means that people will more than likely judge you by the type of people you choose to associate with. By actively seeking constructive friendships with Creative people who will except you as the individual you are and will compliment your Creativity, you will be forging constructive relationships.

Through the Martial Arts you have met many people. You know that your fellow Martial Arts students care about being dedicated to their goals and achieving success. Work together with your fellow Martial Arts students to form Creative friendships.

Ask your students:

- What things do you share in common with your fellow Martial Arts students? (The desire to use Martial Arts as a tool for success.)
- What are some creative ways that you can enhance your friendships? (answers will vary.)

adults

In today's fast paced society, fewer people are cultivating friendships in the same ways people did it not too long ago. The majority of people use to form neighborhood friendships based on socializing with people who lived in close proximity to them. Because a high number of people commute to work, and have less leisure time as a result, less time is spent socializing with the family next door, or the kids down the street.

Friendships often revolve around business or adult friendships are forged when children from one family introduce their parents to their friend's parents.

There is a definite need for Creativity when it comes to ensuring lasting friendships as the new millennium approaches. This could mean applying more effort to arrange social gatherings. It could entail taking the time to

send e-mails or make phone calls frequently to keep in touch. Try making a scheduled, monthly date to make sure you don't lose touch.

Friendships are too important to let go of. Add a little creative planning to them and you will ensure success.

Topic for Discussion

- Is there a friendship that you miss that could have benefited from a little creativity?
- What are some creative ways you can improve your friendships?

“Creating is an act of sharing.”
—Carlisle Berquist

week five
LESSON 10

Creativity & Friendships

- Students will learn the benefits of Creativity for the friendships they develop.
- By the end of the lesson, through stories and a drill, the students will know how to use Creativity to improve their relationships with others.

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

1. What is Creativity?
(Creativity is combining old ideas in new ways. It is also coming up with new ideas for how to solve old problems.)
2. How does Creativity make a difference?
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(Creativity is important at home because it helps to make the house run smoothly which makes everyone happier.)
7. What is your favorite part of school?
(answers will vary)
8. What suggestions can you make to bring Creativity into your classroom?
(answers will vary)
9. What do you have to do to be a good friend?
(Be kind and considerate, share good and bad times, etc.)
10. What do you have in common with your fellow Martial Arts students?
(You are all working hard to reach your goals.)

children's story

Keep Getting Up!

Elizabeth knew that she would be the proud owner of the CD player. She knew that she would be the one to sell the most raffle tickets and win the prize. She and her friend Nancy had been outside the supermarket all morning selling raffle tickets to raise money for the charity their Martial Arts school was supporting. She had sold one whole book and a half of another and she could tell that Nancy was still on her first book.

She could see Nancy watching her as Elizabeth made yet another sale. Elizabeth was excited about winning the CD player, but was worried about Nancy being disappointed. Her fears increased when Nancy said, "You are so good at this. I don't know how you do it. I never know what to say. I'm glad that you will win the CD player, and that you are selling so many."

What struck Elizabeth the most was that Nancy seemed happy that Elizabeth would win. She found herself saying, "Nancy, you can do it! Let's work together." She took Nancy

by the arm and lead her to the store's entrance. As a man exited the store, Elizabeth approached and said, "Sir, we are selling raffle tickets to raise money for charity. My friend Nancy can tell you about it." At first Nancy looked shocked, but as Elizabeth looked on with encouragement, Nancy began to explain the fund raiser and, in the end, made a sale.

"I did it! That was great," she said, "Thanks for your help, Liz!"

Elizabeth found that she was happy for Nancy and for herself.

"No problem Nancy. What are friends for?"

Ask your students:

- What creative way did Elizabeth find to help her friend?
(She helped Nancy to overcome her fears by starting the conversation with the customer and by giving her support.)
- What are some creative ways you can help your friends?
(answers will vary)

Creativity, Humor & Friendship

Laughter is the best medicine. Science has proven that laughter massages the internal organs, enhancing digestion and circulation. Humor also releases endorphins in the brain that give us an overall sense of well being. Children are most susceptible to humor and can readily accept it under even difficult circumstances.

What is humor? Humor is the ability to recognize the absurd in any situation and to accept it. Humor is the ability to not take oneself or others too seriously. Light heartedness is the essence of a joyful and creative life.

A sense of mirth helps relax the mind and make it more flexible. If you instill humor into each day's experience, you will lighten up everything that follows. Humor can be cultivated and developed. As one's creative abilities increase you will be able to sense the absurd in any situation. Doing this allows for freedom of thought.

One of the best ways to practice your humor is to share fun with friends. Developing close friendships with individuals that can share a lighthearted view of life can help you to be creative in good times, and to make bad times more bearable. Share creativity, humor and friendship with the people in your lives.

Topics for discussion

- What are some examples of when humor helped you through a stressful situation?

DRILL

Shadow Spar

This drill is similar to shadow boxing however, instead of sparring with a shadow on the wall two students will shadow spar together. There is no equipment necessary for this drill.

The purpose of this drill is to teach the students how the creative process can involve more than themselves. Similar to the drill of the first week, this drill requires the students to work together to accomplish a result.

Divide the class into pairs of evenly matched students. One of the students will lead while the other is their 'shadow.' Have the lead student begin with simple moves that the shadow must mirror. Next, allow the lead to create new moves that the shadow must follow. After a few minutes have the students switch roles and repeat the exercise.

After the drill, discuss with the students what they learned as the lead and as the shadow.

***“Creativity, personal growth, and healing are a similar course unfolding in different mediums.”
— Carlisle Berguist***

week six
LESSON 11

Creativity Review

- Students will review the lessons of Creativity.
- The students will review the information they have learned about Creativity.

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

1. What is Creativity?
(Creativity is combining old ideas in new ways. It is also coming up with new ideas for how to solve old problems.)
2. How does Creativity make a difference?
(Creativity can make life easier and more enjoyable.)
3. Why is Creativity important?
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6. Why is Creativity important at home?
(Creativity is important at home because it helps to make the house run smoothly which makes everyone happier.)
7. What is your favorite part of school?
(answers will vary)
8. What suggestions can you make to bring Creativity into your classroom?
(answers will vary)
9. What do you have to do to be a good friend?
(Be kind and considerate, share good and bad times, etc.)
10. What do you have in common with your fellow Martial Arts students?
(You are all working hard to reach your goals.)

ages 4-7

Creativity allows you to face life's challenges in such a way that you will not only find solutions to problems, but enhance your life in the process. By looking for Creative ways to solve problems, attack dilemmas and work and play, you will be not just existing, but really living life to the fullest.

Creativity is important at home, at school or work and with friendships. Every aspect of day to day life can be positively influenced by Creative thinking. Your Creativity can help you to lead your life as opposed to following what has always been done, just for the sake of doing it.

Ask your students:

- How can being Creative help you?
(By helping you to face life's challenges and live life to the fullest.)
- How have you been more Creative since starting these lessons?
(answers will vary.)

Creativity allows you to face life's challenges in such a way that you will not only find solutions to problems, but enhance your life in the process. By looking for Creative ways to solve problems, attack dilemmas and work and play, you will be not just existing, but really living life to the fullest.

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Ask your students:

- How can being Creative help you?
(By helping you to face life's challenges and live life to the fullest.)
- How have you been more Creative since starting these lessons?
(answers will vary.)

adults

Creativity is the freedom to think differently in the world of home, work, school, and interpersonal relationships. It is having and implementing novel ideas, and thinking outside of the box. In Martial Arts and in life, creativity is an essential part of finding solutions to the problems that inevitably arise.

Using a Creative approach to life's challenges will inevitably enhance the outcome. By integrating Creativity into home, school, work and friendships, you will see that your life can be enriched, and in turn, you can enrich the lives of others. Martial Arts is, itself, a creative form of expression that enables you to expand your life by giving you the tools you need to face adversity in a creative way.

Topic for Discussion

- In what ways have you broadened your Creativity since
- beginning these lessons?
- How is using Creativity going to help you to have 'freedom'?

***“When it comes to sports for the brain,
everyone’s a winner.”
— Anonymous***

week six
LESSON 12

Creativity Review

- Students will review the lessons of Creativity.
- The students will review the information they have learned about Creativity.

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

1. What is Creativity?
(Creativity is combining old ideas in new ways. It is also coming up with new ideas for how to solve old problems.)
2. How does Creativity make a difference?
(Creativity can make life easier and more enjoyable.)
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(Creativity is important at home because it helps to make the house run smoothly which makes everyone happier.)
7. What is your favorite part of school?
(answers will vary)
8. What suggestions can you make to bring Creativity into your classroom?
(answers will vary)
9. What do you have to do to be a good friend?
(Be kind and considerate, share good and bad times, etc.)
10. What do you have in common with your fellow Martial Arts students?
(You are all working hard to reach your goals.)

children's story

Thinking Creatively

Do you remember the story about the little boy that solved the big problem with the stuck truck? Everyone was expecting the experts to come up with a solution to the problem, and all the experts were thinking of big ways to take care of the situation. It took a small boy who was not thinking in big ways to come up with the simple way to handle a big problem. He was thinking Creatively.

Next time you have a big problem, don't think you have to have a big solution. Sometimes, the simplest solution makes the most sense. Use your mind to think of ways that you can improve your life using Creativity.

In life, Creativity and the Martial Arts can help you to avoid disaster and disappointment.

Practice both the Martial Arts and Creativity to make them second nature so that they can be tools for you to use to improve your life.

Ask your students:

- What have you learned about Creativity that can help you improve your life?
(answers will vary)
- How has Creativity helped you with a problem?
(answers will vary)

The Importance of Reinventing the Wheel

To cut the costs of developing and producing anything new, it's important to make sure you're not duplicating effort. But there is value in not considering what's been done before, and instead, just launching forth on an ideal.

One creativity expert believes that the irrational inhibitors of creativity are more important than the rational ones. The emotional element of the process can either float or sink a new idea. How many mousetraps have been invented? Lots. So do you just give up on inventing another one? Many people do because they fear being judged as non-creative, "wheel re-inventors." So they shut down and stop contribution their ideas.

The loss here is not just to the world of pest extermination, it also impacts other industries that could benefit from the fortunate accidents of creative thinking. In the process of thinking about a new mousetrap, software program – even a wheel- thinkers are often led to consider other things. Mousetrap musings could lead to a new mechanical latch; software investigations could lead to a new, faster binary code; wheel ideas could launch the next step in lithographic print machinery.

And what's wrong with consciously, intentionally replicating what's been done? The Japanese are masters of wheel-reinvention. Their out-flanking of the U.S. auto industry demonstrates the value of taking a fresh look at what's already been done, and doing it better.

How do you get past the fear of would-be creatives? A rule of early brainstorming sessions: nobody gets to say, "That's already been done."

The creativity door is wonderful when it's open, but it's usually open just enough for the thinker to quickly slam it when trouble comes. And trouble comes in the form of putdowns or doubting-Thomas type thinking. If you find yourself thinking, "that's reinventing the wheel" consider it a positive sign that somebody's thinking creatively. Get those ideas flowing!

Topic for Discussion

- When have you allowed a doubting Thomas to keep you from thinking creatively and improving your life?
- What are some ways you can reinvent the "wheels" in your life to make it better?

DRILL

This last drill is to help the students take a journey around the world in their minds. Equipment requirements will vary depending on where you "travel."

Have the students lie down on their backs. Have them do a few cleansing breaths, then tell are going to travel to different parts of the world without leaving your school.

Explain that they are going to 'practice' doing their Martial Arts skills and techniques while imagining themselves being in different parts of the world. Each destination that you take them to will present a different set of challenges for them to overcome. Example: If you tell your class that you are traveling to the Sahara Desert in Africa, remind them that they will be standing on sand which is a very unstable surface and the surface temperature is between 100 and 150 degrees. If they stand still they will burn the bottoms of their feet.

They should respond to each new location as if they were actually there. Try to describe as vividly and as completely as possible each location that you take your students to visit. The more creative and complete your description, the easier it will be for them to get more excited and more involved.

Try to create as many different destinations as you can. Be creative. Have fun as you travel around the world and teach your Martial Art this week.

The following are some examples...

- Mud swamps in Brazil
- In the deserts of Egypt
- In the snow-capped mountains of Austria
- Waste deep in water in the Everglades
- A Buddhist monastery in China

CREATIVITY QUOTES



“Consistency is the last resort of the unimaginative.”

Oscar Wilde



“Live out of your imagination, not your history.”

Stephen Covey



“Reality can be beaten with enough imagination.”

Anon



“Imagination is more important than knowledge.
Knowledge is limited. Imagination encircles the world.”

Albert Einstein

Any activity becomes creative when the doer cares about doing it right, or doing it better.”

John Updike



Creative minds have always been known to survive any kind of bad training.”

Anna Freud



“The very essence of the creative is its novelty, and hence we have no standard by which to judge it.”

Carl R. Rogers



“There is a boundary to men’s passions when they act from feelings; but none when they are under the influence of imagination.”

Edmund Burke

“Imagination is the only weapon in the war against reality.”

Jules de Gautier



“Joy is but the sign that creative emotion is fulfilling its purpose.”

Charles Du Bos



“Imagination grows by exercise, and contrary to common belief, is more powerful in the mature than in the young.”

W. Somerset Maugham



“You see things as they are and ask, ‘Why?’ I dream things as they never were and ask, ‘Why not?’”

George Bernard Shaw

“Whatever creativity is, it is in part a solution to a problem.”

Brian Aldiss



“I must create a system or be enslaved by another man’s; I will not reason and compare: my business is to create.”

Willaim Blake



“True creativity often starts where language ends.”

Arthur
Koestler



“When all is said and done, monotony may after all be the best condition for creation.”

Margaret Sackville

“Make visible what, without you, might perhaps never have been seen.”

Robert Bresson



“Humor is the magic elixir of life.”

W. Somerset Maugham



“Creating is an act of sharing.”

Carlisle Berquist



“Creativity personal growth, and healing are a similar course unfolding in different mediums.”

Carlisle Berquist



“When it comes to sports of the brain, everyone’s a winner.”