



MATA
MARTIAL ARTS
TEACHERS' ASSOCIATION

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

COURAGE

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

Harry S. Truman

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

There are people that think that courage is the absence of fear. Nothing could be further from the truth. Courage is doing something despite your fears. Ambrose Redmoon once noted the following, "Courage is not the absence of fear, but rather the judgment that something else is more important than fear."

These lessons are not designed to have your students deny their fears. Instead they are about helping your students identify what is more important than fear in their lives. When we learn that fears are usually false assumptions we begin to grow and stretch. This growing and stretching makes us better martial artists, students, workers, businessmen and women and people in general. Helping your students develop real courage is one of the best services you can possible do for them.

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

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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 Courage? |
| Lesson # 2 | Courage Story / Drill |

Week 2:

- | | |
|-------------------|-------------------------------|
| Lesson # 3 | Courage Is Doing What's Right |
| Lesson # 4 | Courage Story / Drill |

Week 3:

- | | |
|-------------------|---------------------------------|
| Lesson # 5 | Trying New Things Takes Courage |
| Lesson # 6 | Courage Story / Drill |

Week 4:

- | | |
|-------------------|------------------------|
| Lesson # 7 | Leading Takes Courage. |
| Lesson # 8 | Courage Story / Drill |

Week 5:

- | | |
|--------------------|------------------------------|
| Lesson # 9 | Passing Courage On To Others |
| Lesson # 10 | Courage Story / Drill |

Week 6:

- | | |
|--------------------|----------------|
| Lesson # 11 | Courage Review |
| Lesson # 12 | Courage Review |

TEST

Recommended study for instructors teaching this course:

The Book of Virtues [chapter on Courage]
by William Bennett (Simoon & Schuster)

Do It! Let's get off our butts.
by John-Roger & Peter Mc Williams (Prelude Press)

sample pre-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 courage plays an important role in (his/her) life.

We feel that a person's courage is a major factor in how they live their life. In fact, we believe it is one of the reason people begin taking Martial Arts lessons in the first place. For the past few weeks your child has been working at building (his/her) courage.

We have discussed that courage is not only something that comes from within, but can be passed onto others as well. We also learned that trying new things, such as leading a group, is important to understanding an individual's development. Your child now has a much better understanding of how courage can change (his/her) life.

We're excited that we could be part of sharing such valuable life skills with (insert name) and encourage you to help (him/her) be courageous in everything (he/she) does for the rest of (his/her) life. In fact, we're hoping that your child's exposure to these lessons on courage will allow (him/her) to positively respond to life's varied situations.

Yours Sincerely,

The Staff at (YOUR SCHOOL)

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

sample post-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 how courage can contribute to a dynamic and satisfying lifestyle. To us, and we're sure that you'll agree, courage is one of the major reasons for taking Martial Arts lessons. All of us at (YOUR SCHOOL) are proud to have played a part in helping (insert name) continue to be courageous in everything (he/she) does.

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, (insert Life Skill). Over the next few weeks we will work to help your child improve (insert Life Skill). Our lessons and stories 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 (insert Life Skill) 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).

curriculum notes

[illegible]

"Courage is not the absence of fear, but rather the judgment that something else is more important than fear." - Ambrose Redmoon

week one
LESSON 1

What Is Courage?



- Students will learn the definition of courage.
- By the end of the lesson, the students will know the how to define courage.

ages 4-7

Some people think that courage is not being afraid. This is simply not true. Courage is doing something even when you're afraid.

Let's say you left a toy in a room earlier in the day and now the room is dark. Let's also say you are afraid of the dark. You have a choice to get your mom or dad to help you or to go into the room, turn on the lights and get the toy yourself. You decide to go into the room and turn on the lights to get the toy yourself, even though you are afraid. You are showing courage by doing something even though you are afraid.

Courage does not mean doing things that are foolish like jumping high out of a tree just to show off to your friends. Doing things like that are being careless about your safety. That is foolishness not courage. Courage is not the absence or lack of fear. Even your parents are afraid of some things. Courage is doing something that is important to you even though it makes you afraid.

Ask your students:

- **What is courage?**
(Courage is doing something even if you are afraid.)
- **Does having courage mean that you would do just about anything?**
(Courage does not mean doing things that are dangerous only to show you are not afraid.)
- **What are you afraid of?**

Some people think that courage is not being afraid. This is simply not true. Courage is doing something even when you're afraid.

Let's say you left your bike in the back yard earlier in the day. It's now dark and your dad tells you to put your bike in the garage so it doesn't get rusty. You left your bike in the darkest part of the yard. Let's also say you are afraid of the dark. You have a choice to ask your dad to help you or to go into the dark garage, turn on the lights for the back yard so you can get your bike yourself. You decide to go into the garage and turn on the lights to get your bike yourself, even though you are afraid. You are showing courage by doing something even though you are afraid.

Courage does not mean doing things that are foolish like jumping high out of a tree just to show off to your friends. Doing things like that are being careless about your safety to try to please your friends. That is foolishness not courage. Courage is not the absence or lack of fear. Even your parents are afraid of some things. Courage is doing something that is important to you even though it makes you afraid.

Ask your students:

- **What is courage?**
(Courage is doing something even if you are afraid.)
- **Does having courage mean that you would do just about anything?**
(Courage does not mean doing things that are dangerous only to show you are not afraid.)
- **What are you afraid of?**

adults

There are people that think that courage is the absence of fear. Nothing could be further from the truth. Courage is doing something despite your fears.

Let's say you are told that you have to make a presentation in front of 25 people. Doing this presentation is very important for a project you're responsible for. Let's also assume that you are very apprehensive about giving talks to groups of people. You are presented with a choice to have your partner present the project or to do it yourself. You decide to do it yourself because it is important to you and you schedule the presentation. You are demonstrating courage by doing something that causes you to be afraid.

Courage does not mean doing foolish things such as refusing to give up your wallet to a person who is robbing you. In fact, doing this could be seen as pure foolishness because you could be shot and killed for a few dollars and your credit cards. Don't mistake foolishness for courage. Courage is not the absence of fear. Everyone who has ever been in a position that required great courage; from saving a person from a burning building to being in a firefight in a war zone, experiences fear. Courage is doing something that is important to you even though you are afraid.

Topics for Discussion

- What have you seen others do that you would consider courageous?
- What have you done that could be called courageous?

"Courage is the resistance to fear, mastery of fear not the absence of fear."
— Mark Twain

week one
LESSON 2

What Is Courage?



- Students will learn the definition of courage.
- By the end of the lesson, the students will, through stories and drills, know how to define courage.

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

1. What is courage?
(Courage is doing something even if you are afraid.)
2. Does having courage mean that you would do just about anything?
(Courage does not mean doing things that are dangerous only to show you are not afraid.)
3. What are you afraid of?

children's story

Theseus & The Minotaur

The Minotaur was a monster that lived many years ago in an underground maze. The king of the ancient Greek city Crete, Minos, would sacrifice the sons of the people from the city of Athens which he'd defeated in war to the Minotaur as payback for the death of his own child.

The son of the king of Athens, Theseus, was determined to end this horror but he was afraid. But he also believed that some goals were worth the risk even if it meant his own life. Because of his beliefs he decided to enter the Minotaur's maze and kill the beast. Moved by his courage the daughter of king Minos, Ariadne, gave Theseus a spool of golden thread with which he could retrace his steps if he survived the Minotaur.

Armed with the gift of the golden thread and his own inner strength, Theseus entered the Minotaur's maze. After a great battle, he returned with the head of the Minotaur. This ended the conflict between Greece and Crete and brought peace to the land. It also and gained him the hand of the beautiful Ariadne and they were soon married.

Ask your students:

- **How did Theseus demonstrate courage?**
(By deciding to face the Minotaur, even though he was afraid.)
- **Do you think Theseus was foolish?**
(No, Theseus wasn't foolish because he was doing what he truly believed to be right.)

Learning How To Swim

Anyone who goes through basic training in the Navy, known as boot camp, has to do a qualifying swim. The swim includes going up onto the diving board, jumping off and swimming to the side.

In the pool there were at least four or five trained swimmers and at least the same number outside of the pool. This is to insure the safety of the swimmers. Some of the trainees were called "non-swims", young men who had never learned to swim in their lives. These guys would go up on the diving board and peer with skin pale from fear down at the water. You could see their knees almost knocking. When told to jump in they would say things like "I can't swim", or "The water's too deep". Any excuse avoiding going into the water.

The instructors were great motivators. They could often persuade the man on the diving board to jump in. Usually they would say "Either you jump in or you'll end up doing extra duty." Or, "If you don't jump in we'll have you do push-ups until your arms fall off. So faced with this choice, most of the "non-swims" would jump into the water. But there were a few who just wouldn't jump.

After reasoning with the recruit for a few minutes one of the instructors would "accidentally" push the trainee off the diving board and into the water. What was amazing was that more than 50% of these "non-swims" hit the water and actually made it over to the side, unaided. A few of them actually seemed to walk on water. These young men who were afraid to go into the water were motivated to swim. They were doing something that just a very few moments ago they were afraid of.

Topics for Discussion:

- **How often have we been afraid of something, lacking the confidence to try because "the water is too deep" or "I can't swim"?**
- **What is it that you'd like to achieve but you haven't the confidence?**
- **Are you going to jump in by yourself or are you going to wait for someone to push you?**

You see, courage comes from action, not visa versa. You have to do what you are afraid of to show courage. You don't catch courage first. You've got to jump off the diving board if you're ever going to swim to the side.

DRILL

This drill is designed to show the students that in order to have or demonstrate courage, they must act upon what it is they are afraid of.

Divide the class into two or three equal groups. Keep similarly skilled students together. Now, have each group decide what it is they are afraid, unsure or makes them uncomfortable. Note: this might be difficult in that the students might not want to reveal their fears to their peers, so remind them that this will be a group effort and a way to demonstrate their courage. Be prepared to veto anything dangerous and offer suggestions to groups who have difficulty coming up with something.

After each group has decided, have them tell the class and then, as a group, act upon it. When all groups have attempted their actions once, have everyone stop and reflect upon what it was that gave them the feelings and how they were able to overcome the feelings by acting upon them with courage.

Repeat the drill throughout the week, mixing up the groups.

"A hero is no braver than an ordinary man, but he is braver five minutes longer."
— Ralph Waldo Emerson

week two
LESSON 3

Courage Is Doing What's Right



- Students will learn that courage is standing up for what is right.
- By the end of the lesson, the student will associate courage with standing up for what is right.

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

1. What is courage?
(Courage is doing something even if you are afraid.)
2. Does having courage mean that you would do just about anything?
(Courage does not mean doing things that are dangerous only to show you are not afraid.)
3. What are you afraid of?

ages 4-7

Last week we talked about the idea that courage is doing something even when you are afraid. Courage is also doing something you know is right, even when there are people around you who will laugh or make fun of you or even worse, tell you that they'll hurt you if you do the right thing. When you refuse to walk home through a dark alley even if your friends tell you that you are a "chicken" you are showing courage. If someone were to suggest that you smoke cigarettes, or take drugs or drink alcohol and you tell them "NO" you are showing courage.

Sometimes courage is sticking up for a friend when other kids pick on him just because he's different. Maybe your friend has a different accent or looks different than the rest of the kids and they won't

play with him or make fun of him. By sticking up for your friend we mean continuing to be his friend by eating lunch with him or walking home with him. That is showing real courage.

What is important to remember here is that courage is doing what you know to be right even if it's not popular. Throughout history people who have done the right thing have shown the qualities of great leadership.

Ask your students:

- **How can you demonstrate your courage?**

(You can demonstrate or show your courage by doing the right thing even when it's not popular.)

- **What's an example of using courage to do the right thing?**

(When you say "NO" to doing something that you know is wrong even if your friends laugh or call you "chicken".

Last week we talked about the idea that courage is doing something even when you are afraid. Courage is also doing something you know is right, even when there are people around you who will laugh or make fun of you or, even worse, threaten to hurt you for doing it. If you were with a friend in a store and they told you to steal something and you refused, even if they laughed at you or threatened to “beat you up” that would be an example of showing courage. If someone were to suggest that you smoke cigarettes, or take drugs or drink alcohol and you tell them “NO” you are also showing courage.

When other's pick a kid in your class just because she's different and you talk with her or stand up for her, that's showing courage. By sticking up for her we mean continuing to be her friend by eating lunch with her or walking home with her. That is showing real courage.

What is important to remember here is that courage is doing what you know to be right even if it's not popular.

Throughout history people who have done the right thing have shown the qualities of great leadership.

Ask your students:

- **How can you demonstrate your courage?**
(You can demonstrate or show your courage by doing the right thing even when it's not popular.)
- **What's an example of using courage to do the right thing?**
(When you say “NO” to doing something that you know is wrong even if your friends laugh or call you “chicken”.)

adults

Courage is also standing up for and doing something you know to be morally correct, even when there are people around you who will laugh or make fun at you, or even when it can cause you to be imprisoned, or worse. It takes courage to do what is right; especially when you know it can deprive you of your liberty or even your life. When the colonists stood up to the British government's oppressive taxes at the onset of the revolutionary war, they were demonstrating courage. It takes courage to stand up to oppressive government practices when it can cause you to be imprisoned or executed.

When the civil rights activists in '60's in the American South stood up to racism they were demonstrating great courage. It takes courage to tell other people that the color of another's skin does not make them less than we are, but only different, especially when being part of standing up for that belief could get you beaten or killed.

Throughout history people have been remembered for doing what's right, even though the consequences could be grave. Socrates drank poison, Martin Luther nailed his articles to the door, and the American Fathers signed the declaration of Independence. Doing the right thing always takes courage, especially in the face of adversity.

Topics for Discussion

- Who do you know that has shown great courage by doing the right thing?
- What are your thoughts about that person?

"We have nothing to fear but fear itself."
— Franklin Delano Roosevelt

week two
LESSON 4

Courage Is Doing What's Right



- Students will learn that courage is standing up for what is right.
- By the end of the lesson, the student will, through stories and drills, associate courage with standing up for what is right.

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

1. What is courage?
(Courage is doing something even if you are afraid.)
2. Does having courage mean that you would do just about anything?
(Courage does not mean doing things that are dangerous only to show you are not afraid.)
3. What are you afraid of?
4. How can you demonstrate your courage?
(You can demonstrate or show your courage by doing the right thing even when it's not popular.)
5. What's an example of using courage to do the right thing?
(When you say "NO" to doing something that you know is wrong even if your friends laugh or call you "chicken".)

children's story

Oliver's Courage

A man named Charles Dickens once wrote a story about a little boy named Oliver. Oliver lived in an orphanage with many other little boys. They were very hungry because the people who were in charge, did not feed them enough and were very mean to them. All of the boys were afraid to ask for more food because they did not want to be punished. Oliver was afraid too.

One day, Oliver looked around him at all of his friends and saw how hungry they were. They all had been working very hard, and had been given little to eat. After Oliver finished his small bowl of soup, he picked up his bowl and walked toward the head of the orphanage toward

a man who was very scary. Oliver was very afraid. He knew that if he asked for more food, the man would be very angry. He also knew that if he didn't ask for more food, he and his friends would grow weaker and weaker.

Oliver went up to the man and asked him politely if he could have some more food. The man was very surprised that one of the boys would ask for more, and did get very angry with Oliver. Even though he got very angry with Oliver, the other boys saw that Oliver had the courage to do what was right and they were inspired by him to follow his example. They all decided to stand up for themselves and ask for what was right. It took Oliver's courage to show them that they had to be brave and help each other.

If you want to hear more about Oliver, read *Oliver Twist* by Charles Dickens.

Ask your students:

- **What do you think made Oliver stand up for himself and for the other boys?**
(He was very hungry and knew that, unless someone did something, they would starve).
- **What did Oliver risk by asking for more food?**
(The man in charge could have gotten very angry and maybe hurt him).
- **The man didn't give Oliver more food. Was asking for it worth it?**
(Yes, because Oliver showed all of the boys how to have courage to stand up for themselves).

Rosa Park's Courage

Growing up in Montgomery, Alabama, Rosa Parks was just an ordinary young black girl living with the daily prejudice and inequality of the Deep South in the 1950's. She was a respected seamstress going through life just as people expected her to do, knowing her place and minding her P's, and Q's. Then one day on December 1st, 1955, on a crowded bus she suddenly made up her mind she just wasn't going to take it anymore. Tired from a long day's work she decided with the passion, conviction and courage as great as any military giant that she was simply not going to give up her seat to the white man who had just stepped on to the bus. She was cited under a local ordinance for violating the city's segregation laws and taken to jail.

Within days local black leaders had filed an appeal and organized the Montgomery Improvement Association. Their first action was the Montgomery bus boycott, which promptly installed an unknown minister to be their President. Then only at the prompting and insistence of his fellow minister Ralph Abernathy did he accept the job.

Rosa Parks defiance ignited a bus boycott that lasted 381 days and gave thousands of others the courage and conviction they needed to speak out against the injustice in the South as well as all over America. Her action of courageous and uncrowned leadership paved the way for many others and became a catalyst for the civil rights movement that followed.

Topics for Discussion (adults)

- **Rosa Parks was not a politician, or an activist, or a famous person when she refused to give up her seat on the bus. Why then, was she such an inspiration to people?**
(She was an ordinary person, just like they were, and she was able to show them that ordinary people could do extraordinary things if they have the courage).
- **How many times have you kept silent when you saw injustice happening? Did your fears keep you from action?**
- **How can we feel the fear of retaliation and act anyway?**

DRILL

Talking About Fears

The drill for this week is a thinking drill rather than physical one. It is important to remind the students that to have courage they must be mentally alert as well as physically strong.

Ask Your Students:

“What is something (or things) that makes you nervous or afraid?”

Some examples are:

- Trying new foods.

- Doing a report aloud in class.

- Standing up to a bully.

- Saying “NO” to drugs.

Tell your students that this month they need to determine to be courageous by doing something they are afraid of. This might be talking to a new friend every day or going to sleep on your own.

"There is no feeling more exhilarating in life than to be shot at without result."
Winston Churchill

week three
LESSON 5

Trying Something New Takes Courage



- Students will learn that taking risks takes courage.
- By the end of the lesson, the student will know taking risks takes courage.

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

1. What is courage?
(Courage is doing something even if you are afraid.)
2. Does having courage mean that you would do just about anything?
(Courage does not mean doing things that are dangerous only to show you are not afraid.)
3. What are you afraid of?
4. How can you demonstrate your courage?
(You can demonstrate or show your courage by doing the right thing even when it's not popular.)
5. What's an example of using courage to do the right thing?
(When you say "NO" to doing something that you know is wrong even if your friends laugh or call you "chicken".)

ages 4-7

When we first started these lessons we discovered that courage is doing something even if you're afraid. This is especially true when we try something new. The first time you entered your martial arts class you were probably a little nervous. When you have to go into a new class at school or try out something new like music or art, it takes courage.

When we try something new we are nervous because we feel that we can make mistakes which would make us feel foolish. The problem with this type of thinking is that everybody is a beginner at everything sometime. Michael Jordan wasn't born with a basketball in his hands. In fact, Michael Jordan was kicked off his freshman team in

high school after tryouts because he wasn't good enough to be on the team. He used that "failure" to go on to become a basketball legend.

What's important to remember is that mistakes are the stepping stones to success. What we fail at today we become good at tomorrow, but it takes courage to try something new then continue to try when we haven't become good at it yet. Like the Home run kings Mark McGuire and Sammy Sosa will tell you even if you miss hitting the ball five times in a row, if you keep on swinging, you'll get your hit.

Courage is an important part of learning to be martial artists. In fact learning martial arts and learning courage are the same thing.

Ask your students:

- **Why does it take courage to try something new?**

(It takes courage to try something new because new things can make us nervous or afraid.)

- **Besides when starting something new, when else does it take courage with new things?**

(It takes courage to continue doing something new that you're not good at yet.)

When we first started these lessons we discovered that courage is doing something even if you're afraid. This is especially true when we try something new. The first time you entered your martial arts class you were probably a little nervous, maybe even afraid. This was because martial arts were new to you at the time. Anytime you try out something new like music or art or enter a new class at school it takes courage.

When we try something new we are nervous. This is because we feel that if we make a mistake we'll feel foolish. The problem with this type of thinking is that everybody is a beginner at everything sometime. Michael Jordan wasn't born with a basketball in his hands. In fact, Michael Jordan was kicked off his freshman team in high school after tryouts because he wasn't good enough to be on the team. He used that "failure" to go on to become a basketball legend.

What's important to remember is that mistakes are the stepping stones to success. What we fail at today we become good at tomorrow, but it takes courage to try something new then continue to try when we haven't become good at it yet. Like the Home run kings Mark McGuire and Sammy Sosa will tell you even if you miss hitting the ball five times in a row, if you keep on swinging, you'll get your hit. Babe Ruth was the champion homerun

hitter, but he struck out 1,333 times during his career. Nothing is gained without taking a risk, and it takes courage to take a risk. Even a risk with less than successful results can help you learn a lot about yourself and what you're trying to do.

Courage is an important part of learning to be a martial artists. In fact learning martial arts and learning about courage can sometimes be the same thing. Courage is learned as you journey through your martial arts lessons.

Ask your students:

- **Why does it take courage to try something new?**
(It takes courage to try something new because new things can make us nervous or afraid.)
- **Besides when starting something new, when else does it take courage with new things?**
(It takes courage to continue doing something new that you're not good at yet.)

adults

Trying new things takes courage. It doesn't matter if you're learning martial arts, learning to fly or learning how to speak in front of a crowd, learning new skills are anxiety forming - they can make you afraid. As we said at the beginning of these lessons, courage is doing something even if you're afraid, so trying something new fits that definition perfectly.

What is important to remember is that everyone is a beginner at some time. It doesn't matter who a person is or how good they are at something; everyone was a beginner at one time. Michael Jordan wasn't born with a basketball in his hands. The legendary boxer Mohammed Ali didn't begin boxing until he was nearly twelve years old after his bike had been stolen and he wanted revenge. Everyone is a beginner at one time in his or her life.

The reason most people are fearful of starting something new is because they are afraid that they'll look bad or embarrass

themselves by making mistakes. But mistakes are the stepping stones to success. What we fail at today we become good at tomorrow, only it takes courage to continue to try when we haven't become good at it yet. Like the Home run kings Mark McGuire and Sammy Sosa will tell you even if you miss hitting the ball fifteen times in a row, if you keep on swinging, you'll get your hit. Babe Ruth was the champion homerun hitter, but he struck out 1,333 times during his career. That didn't stop him from trying to hit a home run the next time, and the next.

Nothing worthwhile is gained without taking a risk, and it takes courage to take a risk. Even a risk with less than successful results can help you learn a lot about yourself and what you're trying to accomplish. Courage is an important part of learning to be martial artists. In fact learning martial arts and learning courage are the synonymous.

Topics for Discussion

- What have you tried to do that you were at first at least a little afraid of?
- What would you like to do if you knew you could not fail?
- What's holding you back from trying?

*"Courage is holding on another minute."
— General George Patton*

week three
LESSON 6

Trying Something New Takes Courage



- Students will learn that trying new things takes courage.
- By the end of the lesson, the students, through stories and drills, will know that trying new things takes courage.

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

1. What is courage?
(Courage is doing something even if you are afraid.)
2. Does having courage mean that you would do just about anything?
(Courage does not mean doing things that are dangerous only to show you are not afraid.)
3. What are you afraid of?
4. How can you demonstrate your courage?
(You can demonstrate or show your courage by doing the right thing even when it's not popular.)
5. What's an example of using courage to do the right thing?
(When you say "NO" to doing something that you know is wrong even if your friends laugh or call you "chicken".)
6. Why does it take courage to try something new?
(It takes courage to try something new because new things can make us nervous or afraid.)
7. Besides when starting something new, when else does it take courage with new things?
(It takes courage to continue doing something new that you're not good at yet.)

children's story

How the Little Kite Learned to Fly

"I can never do it," the little kite said,
As he looked around at the others
high over his head.
"I know I should fail if I tried to fly."
"Try," said the big kite, "only try!"
"Or I fear you will never learn at all."
But the little kite said, "I'm afraid I'll fall."

The big kite nodded: "Ah well, goodbye;
I'm off," and he rose toward the tranquil sky
Then the little kite's paper stirred
at the sight,
And trembling he shook himself
free for flight.
First whirling and frightened,
then braver grown,
Up, up he rose through the air alone,
Till the big kite looking down could see
The little on rising steadily.

Then how the little kite swelled with pride,
As he sailed with the big kite side by side!
While far below he could see the ground,
And the boys like small spots moving round.
They rested high in the quiet air,
And only the birds and the clouds were there.
"Oh, how happy I am! The little kite cried,
"And all because I was brave, and tried."

Ask your students:

- **What did the little kite discover after he chose to fly even though he was afraid?**

(That he would have missed a lot of fun if he hadn't tried).

- **Have you ever chosen not to do something because it looked scary?**

(Like riding on a roller coaster, hiking up a steep hill, or ice skating?)

- **Did you think you might really be missing out on some fun by not trying?**

Willing to Try

In his book, "Make a Life not Just a Living", Dr. Ron Jenson tells a story about singing in front of people. He starts, "When I was in high school I sang my first solo in front of a group of several hundred people. I was scared to death, my voice trembling, but I thought I did okay. Then I sat down and noticed over my left shoulder one of my friends rushing to my side. I thought he was there to affirm me -not. His first statement to me was, "Jenson, you were so flat!"

"Now that was just a teenage friend being honest. Nevertheless, it devastated me. And it created tremendous fear in me; I attached great pain to singing from that moment on. But through some wise counsel, I realized that if I was ever going to sing publicly again, I needed to replace the pain I attached to that activity with pleasure. Therefore I continued singing. I sang lead in our high school musical, in front of thousands of people. Though I was nervous, I sang. And the more I worked at singing, the more pleasure I attached to the experience of singing, and my fear began to fade."

Like Dr. Jenson we will all find that doing new things will make us nervous. We might even find that we, like him, make mistakes in front of hundreds of people. But if we don't give up, if we keep on trying we will find we are rewarded for our courage.

Topics for Discussion

- Does anyone have an incident similar to Dr. Jenson's that required courage to overcome?

DRILL

Trying New Things

This drill is designed to show the students that in order to have or demonstrate courage, they must be willing to try new, unfamiliar things.

Begin by dividing the class into two or three groups. Try to keep similarly skilled students together. Now, have each group form a line and choose a move or exercise that you know the students have never tried or are unfamiliar with. Be careful not to overwhelm the younger students. Demonstrate it to the class once and have the first person from each group attempt the move. Note: If a student is particularly shy, have the other members of the group cheer them on.

As soon as all of the students have attempted the move once have everyone sit down and ask how many of them felt their courage was what helped them to complete the drill. Repeat the drill throughout the week using different moves or exercises.

*"Our doubts are traitors and make us lose the good
we oft might win by fearing to attempt."
— Shakespeare*

week four
LESSON 7

Leading takes Courage



- Students will learn that leading takes courage.
- By the end of the lesson, the student will know how to explain that leading takes courage.

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

1. What is courage?
(Courage is doing something even if you are afraid.)
2. Does having courage mean that you would do just about anything?
(Courage does not mean doing things that are dangerous only to show you are not afraid.)
3. What are you afraid of?
4. How can you demonstrate your courage?
(You can demonstrate or show your courage by doing the right thing even when it's not popular.)
5. What's an example of using courage to do the right thing?
(When you say "NO" to doing something that you know is wrong even if your friends laugh or call you "chicken".)
6. Why does it take courage to try something new?
(It takes courage to try something new because new things can make us nervous or afraid.)
7. Besides when starting something new, when else does it take courage with new things?
(It takes courage to continue doing something new that you're not good at yet.)

ages 4-7

When a person decides to take the lead it takes courage. The Student who stands before the class leading stretching or exercises shows courage. A student who raises her hand to answer a question during class is showing courage. Anytime you do something that is done with other people watching it takes courage.

Why is it that it takes courage when you take the lead? When you take the lead it's possible to make a mistake. If you make a mistake, everyone knows, but deciding to take the lead requires that you take a risk to make a mistake. It's important to remember that making mistakes are part of leadership

and courage. When you decide to be the first to raise your hand to answer a question in class you are showing courage.

When you take the lead it's because you have made a decision to do so. It's important to remember that just making a decision is only one-half of what you need for courage. After you make your decision and follow through with it, then you are showing courage. So making a decision to become part of the black belt club is showing your courage. When you make your decision and then go to your instructor and ask what is needed to be a member of the black belt club, you are really showing courage. A very important leadership trait is courage.

Ask your students:

- **Why does deciding to take the lead take courage?**

(Deciding to lead takes courage because when you are the first to do something it's possible to make mistakes.)

- **How does making mistakes make people feel?**

(Making mistakes make people feel afraid.)

- **Is making a decision all you need to do to show courage?**

(No. After you make a decision you need to follow through with action!)

Deciding to take the lead takes courage. If you are called upon to lead the stretching or warm-up exercises in the class, leading the class shows courage. If you raise your hand to answer a question during class you are showing courage. Anytime you do something that is done with other people watching it takes courage.

When you take the lead it's possible to make a mistake. If you make a mistake, everyone knows. That's why it takes courage to take the lead because deciding to take the lead requires that you take a risk. The risk is that you can make a mistake but mistakes are big part of leadership and courage. When you decide to raise your hand first to answer a question in class or decide to be the first person to try out for the school play you are showing courage and leadership.

Just making a decision is only one-half of what you need to demonstrate or show your courage. When you make a decision to become part of the black belt club you are demonstrating a portion of what courage completely is. After you have made your decision to become a black belt club member and you go to your instructor and ask what is needed to be a member of the black belt club, then you are showing all the parts of courage. After you make your decision and follow through with what it takes to accomplish it you are showing courage. A very important leadership trait is courage.

Ask your students:

- **Why does deciding to take the lead take courage?**
(Deciding to lead takes courage because when you are the first to do something it's possible to make mistakes.)
- **How does making mistakes make people feel?**
(Making mistakes make people feel afraid.)
- **Is making a decision all you need to do to show courage?**
(No. After you make a decision you need to follow through with action!)

adults

Making a decision to take the lead, to become a leader, takes courage. Why? The reason is because any time you take the lead you are taking a risk. When you take the lead, when you are the first to try to accomplish something, you are bound to make mistakes. Mistakes are often looked upon negatively and can make you an easy target to shoot at, that's why being the first is so risky. No one likes to be shot at.

Sometimes you're going to have to have the courage to be the first, to take the lead. You may be the first one to try doing business in a new and different way, like Fred Smith, the founder of Federal Express. When Fred Smith started Federal Express no one had an overnight mail service. In fact, no one knew they needed an overnight mail service.

Federal Express nearly went broke a number of times and had employees hold their checks once in a while until the cash got in the bank. Many "business experts" thought that Federal express was a mistake and destined to fail. But as you all know, Federal Express didn't fail. Did Fred Smith make mistakes? I think the answer is obviously yes. Did he get shot at? I think the answer is definitely yes. Was it worth it? What do you think?

Deciding to be a leader, to take the lead takes courage. The courage to make mistakes the courage to be shot at. A leader has to be courageous but will usually find out, like Fred Smith, that it is definitely worth it.

Topics for discussion

- Who do you know someone that has taken the lead?
- What has happened to that person?

"No passion so effectively robs the mind of all its powers of acting and reasoning as does fear"
— Edmund Burke

week four

LESSON 8

Leading Takes Courage



- Students will learn that leading takes courage.
- By the end of the lesson, the students will, through stories and drills, know how to explain that leading takes courage.

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

1. What is courage?
(Courage is doing something even if you are afraid.)
2. Does having courage mean that you would do just about anything?
(Courage does not mean doing things that are dangerous only to show you are not afraid)
3. What are you afraid of?
4. How can you demonstrate your courage?
(You can demonstrate or show your courage by doing the right thing even when it's not popular.)
5. What's an example of using courage to do the right thing?
(When you say "NO" to doing something that you know is wrong even if your friends laugh or call you "chicken".)
6. Why does it take courage to try something new?
(It takes courage to try something new because new things can make us nervous or afraid.)
7. Besides when starting something new, when else does it take courage with new things?
(It takes courage to continue doing something new that you're not good at yet.)
8. Why does deciding to take the lead take courage?
(Deciding to lead takes courage because when you are the first to do something it's possible to make mistakes.)
9. How does making mistakes make people feel?
(Making mistakes make people feel afraid.)
10. Is making a decision all you need to do to show courage?
(No. After you make a decision you need to follow through with action!)

children's story

The Brave Mice

Master Woo began by saying, "We have been talking about how deciding to take the lead takes courage, but that it is only one-half of real courage. The other half is taking action, doing something to show your courage. Real bravery is when your action matches your words."

"An old cat was in the habit of catching mice in the barn. One day the mice met to talk about the great harm that she was doing to them. Each one told of some plan to keep her out of the way."

Master Woo continued, "Do as I say," said an old gray mouse that was thought to be very wise. "Do as I say. Hang a bell on the cat's neck. Then, when we hear it ring, we shall know that she is coming, and can scamper out of her way."

"Good, good!" said all the other mice, and one ran to get the bell.

"Now, which of you will hang this bell on the cat's neck?" said the old gray mouse.

"Not I! Not I!" said all the mice together. And they scampered away to their holes.

Master Woo finished, "You see, it's easy to take the lead with your words, but taking action is where your ideas turn into courage."

Ask your students:

- **Who was taking the lead in this story?**

(The old gray mouse seemed to be taking the lead.)

- **Was the old gray mouse really leading?**

(No, the old gray mouse wasn't really leading because he wasn't willing to take the action needed to put the bell on the cat's neck.)

The Iron Lady

When Margaret Thatcher set out to be a leader in politics in Britain, she was taking the lead. After nearly a decade of trying she was elected into parliament in 1959. After serving in a number of posts including secretary of education she bid her time waiting for the right opportunity. With Edward Heath's loss of the 1974 election she challenged him for power and in the second vote was elected Leader of the Conservative Party in 1975. Four years later she came to power as Britain's first women Prime Minister.

After two strong speeches in the mid-1970's the Russians dubbed her "The Iron Lady". The name was not meant as a compliment but actually came to help her. The Russians were not popular at the time and the term seemed to somehow conjure up Churchill-like images of a stronger Britain in times gone by. She also coined the term "Thatcherism" that was recognized within the UK to mean the end of a failed socialist policy. Combined with her decisive action in winning the Falklands Island war this led her to a victorious third term the longest run by any British politician in the twentieth century.

As for her comments on being a woman in Leadership she said, "My experience is that a number of men I have dealt with in politics demonstrate precisely those characteristics, which they attribute to women, vanity and an inability to make decisions... If a woman asks no special privileges and expects to be judged solely by what she is and does, this is found gravely and unforgivably disorientating."

Thatcher's real legacy above and beyond any political agenda is that she restored pride in a dejected Britain. At the same time she encouraged entrepreneurship and returned many of the inefficient government industries to the private sector. When all is said and done she did what few thought any woman could do, she had the courage to take the lead.

Topics for Discussion

- **Despite many people believing it couldn't be done, Margaret Thatcher became the first female Prime Minister of England.**
- **Why didn't Margaret Thatcher believe it couldn't be done?**
(She had the courage to believe in herself).
- **Did her courage pay off?**
(If she had listened to others, England would have missed having such a strong leader).

DRILL

Courageous Leadership

This drill is designed to show everyone in the class how courage helps us be better leaders.

Note: This is a great warm-up drill.

To begin, have everyone in the class form straight lines across the school. Now, pick at random two students to lead the class in warm-up exercises. Preferably students who typically don't volunteer. Tell the "leaders" that it is their responsibility to lead the class in the warm-ups and that they are in charge. Initially, stand with them as you begin the warm-up exercises, then step out and away. If your class is large, replace the first leaders with new ones half way through the drill to expose as many students to leading as possible. Note: this drill can also be used for your cool-down exercises as well.

During the week, try to have as many students participate as "leaders" and discuss how their courage enabled them to lead the class.

"He has not learned the lesson of life who does not every day surmount fear."
— Ralph Waldo Emerson

week five
LESSON 9

Passing Courage On To Others

- Students will learn why it is important to pass on courage to others.
- By the end of the lesson, the student will know how to pass on courage to others.

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

1. What is courage?
(Courage is doing something even if you are afraid.)
2. Does having courage mean that you would do just about anything?
(Courage does not mean doing things that are dangerous only to show you are not afraid.)
3. What are you afraid of?
4. How can you demonstrate your courage?
(You can demonstrate or show your courage by doing the right thing even when it's not popular.)
5. What's an example of using courage to do the right thing?
(When you say "NO" to doing something that you know is wrong even if your friends laugh or call you "chicken".)
6. Why does it take courage to try something new?
(It takes courage to try something new because new things can make us nervous or afraid.)
7. Besides when starting something new, when else does it take courage with new things?
(It takes courage to continue doing something new that you're not good at yet.)
8. Why does deciding to take the lead take courage?
(Deciding to lead takes courage because when you are the first to do something it's possible to make mistakes.)
9. How does making mistakes make people feel?
(Making mistakes make people feel afraid.)
10. Is making a decision all you need to do to show courage?
(No. After you make a decision you need to follow through with action!)

ages 4-7

Once you have learned what courage is you can then help others learn courage too. For example, if you notice that someone seems a little scared to try a new kick or block you can tell him "I was a little scared the first time I tried that kick too because I was afraid that I wouldn't be able to do it. What I found out is that by practicing and trying to do my best I actually learned how to do that kick pretty well!"

If you notice that a friend of yours seems sad because she made a mistake in class you

can tell her, "I made a mistake like that once and I felt bad about it too. But what I learned is that with practice I made less mistakes!" By telling others of times you've made mistakes and not done so well you can encourage others to try new things, even when it doesn't work out.

Passing on courage to others is almost as important as learning about it. In fact, by passing on ways to improve their courage to others you help yourself learn more about courage. So passing on the ideas of courage help you become more courageous. Helping others is always an excellent way to improve yourself!

Ask your students:

- **How can you pass on courage to others?**

(You can pass on courage to others by encouraging them when they are first beginning something new.)

- **What should you do if someone makes a mistake and becomes discouraged?**

(When someone makes a mistake and becomes discouraged you can help them by telling them about times when you made a similar mistake.)

- **What happens when you help someone learn more about anything?**

(When you help others learn about courage you improve your own courage. This is true for anything you help others with.)

After you learn what courage is you can pass it on to others. For example, if you notice that someone seems a little scared to try out for a spot in the school play, even though you know they would like to be in it you could encourage them. You can say something like "I was a little scared when I first tried out for the play too because I was afraid that I wouldn't be able to say my part. What I found out is that by practicing and trying to do my best I actually learned how to say my part pretty well, even though I was a little afraid!"

If you notice that a friend of yours seems sad because she made a mistake in class you can tell her, "I made a mistake like that once and I felt bad about it too. But what I learned is that I almost always make mistakes when I'm learning new things. I also learned that with practice I improve and make less mistakes!" By telling others of times you've made mistakes and not done so well you can encourage others to try new things, even when it doesn't work out.

Passing on courage to others is almost as important as learning the concepts of courage yourself. In fact, by passing on ways to improve their courage to others you help yourself learn more about courage. By passing on the ideas of courage help you become more courageous. Helping others in almost anything is nearly always an excellent way to improve yourself!

Ask your students:

- **How can you pass on courage to others?**
(You can pass on courage to others by encouraging them when they are first beginning something new.)
- **What should you do if someone makes a mistake and becomes discouraged?**
(When someone makes a mistake and becomes discouraged you can help them by telling them about times when you made a similar mistake.)
- **What happens when you help someone learn more about anything?**
(When you help others learn about courage you improve your own courage. This is true for anything you help others with.)

adults

Now that you know the basics of developing courage you can pass these lessons on to others. One of the best ways to help other people develop courage is by telling them about your risk-taking experiences. These stories show where you took a risk and succeeded and can be very encouraging for people who are learning to take calculated risks. By discussing your initial fears prior to taking the risk, you will be an example for new risk-takers. Often people tell us they have difficulty getting beyond an initial step because of their fears. Tell them to think of fear as follows: F.E.A.R - False Expectations Appearing Real. When you tell them that what you've found is that your biggest fears are all in your head and have never come to pass, you are teaching them that most fears are irrational fantasies that do not materialize.

Some of the ways we can help people taking a risk for the first time are by teaching them:

1. Sensible risks are a natural way of life.
2. We need to risk temporary loss for the chance for permanent improvement.
3. The most accomplished people in all areas of life are courageous and take risks.

Tell them how you felt after taking the risk. Tell them how taking this risk affected your life both then and now. This will help them to take risks knowing they are following in well-trodden footsteps. By showing others how to be courageous you are helping them become, as the Army slogan says, all that they can be.

Topic for Discussion

- Has there been anyone in your life that has helped you in developing courage and your ability to take risks?
- How did he or she do this?

"To bear failure with courage is the best proof of character anyone can give."
— W. Somerset Maugham

week five
LESSON 10

Passing On Courage To Others

- Students will learn why it is important to pass on courage to others.
- By the end of the lesson, the student will, through stories and drills, know how to pass on courage to others.

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

1. What is courage?
(Courage is doing something even if you are afraid.)
2. Does having courage mean that you would do just about anything?
(Courage does not mean doing things that are dangerous only to show you are not afraid.)
3. What are you afraid of?
4. How can you demonstrate your courage?
(You can demonstrate or show your courage by doing the right thing even when it's not popular.)
5. What's an example of using courage to do the right thing?
(When you say "NO" to doing something that you know is wrong even if your friends laugh or call you "chicken".)
6. Why does it take courage to try something new?
(It takes courage to try something new because new things can make us nervous or afraid.)
7. Besides when starting something new, when else does it take courage with new things? (It takes courage to continue doing something new that you're not good at yet.)
8. Why does deciding to take the lead take courage?
(Deciding to lead takes courage because when you are the first to do something it's possible to make mistakes.)
9. How does making mistakes make people feel?
(Making mistakes make people feel afraid.)
10. Is making a decision all you need to do to show courage?
(No. After you make a decision you need to follow through with action!)
11. How can you pass on courage to others?
(You can pass on courage to others by encouraging them when they are first beginning something new.)
12. What should you do if someone makes a mistake and becomes discouraged
(When someone makes a mistake and becomes discouraged you can help them by telling them about times when you made a similar mistake.)
13. What happens when you help someone learn more about anything?
(When you help others learn about courage you improve your own courage. This is true for anything you help others with.)

children's story

Keep Getting Up!

Linda watched all of the children in the park having so much fun skating together. They were gliding by looking so happy and almost like they were flying. Linda really wanted to be having fun with them, but she was just too scared. She was worried that if she put skates on her feet, the wheels would have a mind of their own, and she would be sure to fall.

Every once in a while, one of the other children would stop and ask Linda to join them, but she refused. She was so afraid that she would fall and either hurt herself, or embarrass herself, which just might be worse. Finally, Linda's friend Angela, stopped to sit with her and asked her why she wasn't skating. Linda felt close enough to Angela to admit her fears. Linda was surprised when Angela said, "Well, you will fall, you know." Linda said, "If I will fall, why should I do it?"

Angela explained, "You are going to fall a couple of times until you get used to being

on the skates. But if you just keep getting up and correcting your balance and trying again, really soon you will be skating with the best of them. You'll never know until you try." Angela waved goodbye as she skated off.

Linda sat and watched for a bit longer. She really wanted to be skating. Slowly she bent and put on her skates. She held on the bench she had been sitting on, and stood up. Her feet wobbled a bit and she started to fall. She grabbed the bench again and righted herself. Slowly she pushed off and glided about ten feet before she lost her balance and fell. Since she knew it was coming, it wasn't as bad as she thought it would be. She worked her way to her feet again, and this time, glided for about twenty feet before she fell. Each time she fell, Linda felt more and more proud of herself for having the courage to get up again and try harder. It wasn't long before she was skating like all of the other children and having a wonderful time!

Ask your students:

- **If Linda knew she was going to fall for sure, why did she even try to skate?**

(Because trying and failing is a way to learn).

- **How did Angela help Linda to have courage?**

(By encouraging her to try even though she was afraid).

Willing to Take Risks

"The more I've thought about it over the years, the more I've concluded that what really leads to outstanding consultants, and I think, of outstanding performance in almost anything you can think of, is the willingness to really take risks."

"Take risks with your thinking, to take risks in how far you're trying to push the client, and not to be conservative and too cautious. I had a conversation with a colleague recently who was learning how to ski. He said that, in the course of his ski week, he concluded that, if you weren't falling, you weren't learning, and I think that is a general rule of life."

"You've got to take risks and be willing to fail." — Fred Gluck, McKinsey & Co.

Topics for discussion

- **What did the skier mean by, "If you are not falling, you're not learning"?**
(That we learn from our mistakes).
- **How does that apply to having courage?**
(We must be willing to fall on the road to success).

DRILL

Passing Along Your Courage

This drill is to be used to show the students how to pass along their courage to others. Throughout the past weeks, different challenges, both physical and mental have been presented to the students. Because you have probably seen differing results, it is now time for the students to share their courage with others.

Begin by having the class divide into three or four groups. Now, pick 3 or 4 students that you feel have demonstrated the most courage in the past few weeks. Possibly the students who excelled in week three's drill. Next, pick a demanding routine and explain to the class that these students will be leaders of the groups. It will be up to each leader to pass along their courage to the other members of the group to complete the routine.

As the week progresses, pick other students and repeat the drill with different routines. Be sure to tailor the routine to the skill and age level of each group.

"We become brave by doing brave acts"
— Aristotle

week six
LESSON 11

Courage Review



- Students will review the lessons on courage.
- By the end of the lesson, the student will have reviewed the lessons on courage.

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

1. What is courage?
(Courage is doing something even if you are afraid.)
2. Does having courage mean that you would do just about anything?
(Courage does not mean doing things that are dangerous only to show you are not afraid.)
3. What are you afraid of?
4. How can you demonstrate your courage?
(You can demonstrate or show your courage by doing the right thing even when it's not popular.)
5. What's an example of using courage to do the right thing?
(When you say "NO" to doing something that you know is wrong even if your friends laugh or call you "chicken".)
6. Why does it take courage to try something new?
(It takes courage to try something new because new things can make us nervous or afraid.)
7. Besides when starting something new, when else does it take courage with new things?
(It takes courage to continue doing something new that you're not good at yet.)
8. Why does deciding to take the lead take courage?
(Deciding to lead takes courage because when you are the first to do something it's possible to make mistakes.)
9. How does making mistakes make people feel?
(Making mistakes make people feel afraid.)
10. Is making a decision all you need to do to show courage?
(No. After you make a decision you need to follow through with action!)
11. How can you pass on courage to others
(You can pass on courage to others by encouraging them when they are first beginning something new.)
12. What should you do if someone makes a mistake and becomes discouraged?
(When someone makes a mistake and becomes discouraged you can help them by telling them about times when you made a similar mistake.)
13. What happens when you help someone learn more about anything?
(When you help others learn about courage you improve your own courage. This is true for anything you help others with.)

ages 4-7

We have learned that courage is doing something even when you're afraid. We also learned that these are things that are important to you, not foolish things like jumping out of tall trees. We also learned that courage is doing something you know is right even if it's not popular.

We found that sometimes when we try something new or decide to take the lead it takes courage. We found out that it takes courage because these things can cause us to make mistakes and feel foolish. We learned that what's important is to remember is that mistakes are the stepping stones to success.

Finally we learned that once you have learned what courage is you can then help others learn about courage too. By passing on courage you become more courageous. In fact, helping others is always an excellent way to improve yourself in all areas of your life.

Ask your students:

- **Choose Review questions at the beginning of this lesson.**

Courage is doing something even when you're afraid. We learned that courage is doing things that are important to you, not foolish things like jumping out of tall trees or walking in a dark alley just because your friends dared you to. We also learned that courage is doing something you know is right even if it's not popular.

Sometimes when we try something new or decide to take the lead it takes courage. The reason for this is that by leading or trying new things we can make mistakes. Sometimes when we make mistakes we feel foolish. We learned that even though we might feel foolish, what's important is that mistakes are the stepping stones to success.

Finally we learned that once you have learned what courage is you can then help others learn about courage too. By passing on courage you become more courageous. In fact, helping others is always an excellent way to improve yourself in all areas of your life.

Ask your students:

- Choose Review questions at the beginning of this lesson.

adults

There are people that think that courage is the absence of fear. Nothing could be further from the truth. Courage is doing something despite your fears. Courage is not the absence of fear. Everyone who has ever been in a position that required great courage; from saving a person from a burning building to being in a firefight in a war zone, experiences fear. Courage is doing something that is important to you even though you are afraid.

Standing up for what is right is a way of demonstrating courage, as are trying new things and taking the lead. When you try new things or take the lead you leave yourself open to the criticism that comes from making mistakes. You also leave yourself vulnerable to feeling foolish.

The reason for these lessons was that we hope that by learning the lessons of courage you can pass them on to others, helping others develop in their lives too. By helping others learn these lessons we all win by changing the world, one kick, one punch and one lesson at a time.

Topic for Discussion

- How have the lessons of the past weeks helped you in developing courage?

"One man with courage, a majority makes"
— Andrew Jackson

week six
LESSON 12

Courage Review



- Students will review the lessons on courage.
- By the end of the lesson, the student will, through stories and drills, have reviewed the lessons on courage.

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

1. What is courage?
(Courage is doing something even if you are afraid.)
2. Does having courage mean that you would do just about anything?
(Courage does not mean doing things that are dangerous only to show you are not afraid.)
3. What are you afraid of?
4. How can you demonstrate your courage?
(You can demonstrate or show your courage by doing the right thing even when it's not popular.)
5. What's an example of using courage to do the right thing?
(When you say "NO" to doing something that you know is wrong even if your friends laugh or call you "chicken".)
6. Why does it take courage to try something new?
(It takes courage to try something new because new things can make us nervous or afraid.)
7. Besides when starting something new, when else does it take courage with new things?
(It takes courage to continue doing something new that you're not good at yet.)
8. Why does deciding to take the lead take courage?
(Deciding to lead takes courage because when you are the first to do something it's possible to make mistakes.)
9. How does making mistakes make people feel?
(Making mistakes make people feel afraid.)
10. Is making a decision all you need to do to show courage?
11. (No. After you make a decision you need to follow through with action!)
12. How can you pass on courage to others?
(You can pass on courage to others by encouraging them when they are first beginning something new.)
13. What should you do if someone makes a mistake and becomes discouraged?
(When someone makes a mistake and becomes discouraged you can help them by telling them about times when you made a similar mistake.)
14. What happens when you help someone learn more about anything?
(When you help others learn about courage you improve your own courage. This is true for anything you help others with.)

children's story

The Cowardly Lion

In the story of The Wizard of Oz, the lion really wants to have courage. He is so afraid of everything that he thinks that he will never gain courage and will never be the king of the forest. He thinks that he must act mean for people to think he is brave. When he and the tin man, the scarecrow and Dorothy get to Oz, the lion is too frightened to ask the wizard for courage. It is only after he realizes that his friends are more important to him than his fears, that he is able to find the courage he needs.

Every time you put the needs of your family or friends before your own, you are being courageous. You will pass that courage on to those around you by your example. The lion had admitted to his

friends that he was a coward, and that he didn't want to be brave. They loved him anyway. He realized that their friendship was worth being brave and courageous, and that he would be a better lion if he were willing to do what was right.

Having courage is not always easy. If you have courage, you will know that you are willing to do what is right, learn from your mistakes, and help others to be courageous.

Ask your students:

- **Do you know anyone who, like the lion, thinks that they must act mean in order for people to admire them?**
(A bully at school, a TV character, etc.)
- **Do you think that maybe that kind of person is hiding their fears like the lion?**
(Yes)
- **Is having courage being able to admit your fears and still acting bravely?**
(Yes)

Air Florida Fight 90

On January 13, 1982, Air Florida Flight 90 struck the 14th street bridge after taking off from Washington DC's National Airport and plunged into the icy Potomac River, killing 78 of the passengers and crew members onboard. Hundreds of commuters, headed home early because of a rare Washington blizzard, stood and watched the rescue attempts.

Lenny Skutnik decided to become involved. He did that by diving into the ice-choked Potomac River to save the life of a drowning woman. The woman was too weak to grab onto rescue rings that were lowered by a rescue helicopter. When he was interviewed about the incident Lenny could offer no explanation for risking his life saying, "Nobody else was doing anything. It was the only way. I just did it. When I got out of the water I was satisfied. I did what I had to do."

Then President Ronald Reagan spoke of his bravery by saying, "Nothing had picked him out particularly to be a hero, but without hesitation there he was and he saved her life."

Lenny Skutnik demonstrated courage; Courage to become involved in what everyone would agree needed to be done. The difference was he chose to do what needed to be done instead of watching from the shoreline.

Topic for Discussion

- How does this story relate to the lessons we have been discussing over the past few weeks?
- How many of you would be able to do what Lenny Skutnik did?

DRILL

The Right Stuff

This last drill can be used to wrap up the Courage module. Have all the students gather together and sit down. Begin by asking a few students what they have accomplished through courage. If appropriate, have them demonstrate.

Now, have everyone stand up and have a few of the “leaders” start one of the new exercises that were introduced with this module. Have them walk through the group, giving encouragement to the other students as the drill progresses.

Finish by asking the students if the courage they have shown over the past few weeks would allow them to try other things, like skydiving, race car driving or being blasted into outer space in a rocket, etc.

CONFIDENCE QUOTES



Frequent encounters with danger (risks) are a part of life...making you inwardly strong...instilling in you a profound awareness of life...bringing new meaning, and richness.

I Ching no. 29



Too often, people see where their obligation lies and know the right thing to do, but they are afraid to do it.

Forest Morgan, Living the Martial Way



You cannot run away from fear in the martial arts school. It is a perfect place in which to learn to face fear.

Master Han

Far better to fail in an honorable endeavor than to
succeed in a cowardly one.

Forest Morgan, Living the Martial Way



To see what is right and not to do it is want of courage.

Confucius



You must develop the confidence to handle fear.

Master Han



Visualize success rather than failure, by believing "I can
do it" rather than "I can't." Negative thoughts are over-
powering only if you encourage them and allow your-
self to be overpowered by them.

Bruce Lee

Success rests with the courage, endurance, and, above all, the will to become the person you are...Then you will be able to say "I have found my hero and he is me."

George Sheehan



You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.

Eleanor Roosevelt



You are your own friend and you are your own enemy.

Bhagavad Gita



If one advances confidently in the direction of his dreams. . . he will meet with a success unexpected in common hours.

Henry David Thoreau

Ultimately we know deeply that the other side of every fear is a freedom.

Marilyn Ferguson



It is better to face a fearful situation than to ignore it.

Joe Hyams



"Come to the edge," he said.

They said: "We are afraid."

"Come to the edge," he said.

They came. He pushed them. . . And they flew.

Guillaume Apollinaire



The best way out is always through.

Robert Frost