



PROGRAM GUIDE

November Issue



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Learn ways to help burn fat during the holiday season.

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Learn how leadership can make you more successful in life!

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+ RESPECT SAGE SESSIONS:

+ WEEK 1 SPEAK

"Gimme, gimme never gets; don't you know your manners yet?" For most of our lives, we've been taught the right way and the wrong way to speak. Nobody likes someone who is rude or crude. Sure, many people in the public eye these days have a "tough guy" or "bad girl" image where they curse like sailors and say inappropriate things to get people riled up. If people want to talk that way and be offensive toward others, that's their choice. But you should know how to speak with respect when it is required of you. It's not about being politically correct, it's just about being correct. Be polite and say "please" and "thank you." Listen and show respect. Don't make fun of other people. Being good is more rebellious than being bad these days. Give it a try!

Questions to Think About:

- 1 Why do people think it's cool to say rude things?
- 2 What are some ways to convey your feelings without being crude or vulgar, or using foul language?
- 3 What are some ways you can show respect to others with your words?

+ WEEK 2 ACT

The way you speak is a big factor in showing respect, but it's also important to remember that your body "speaks," too. Bowing is a sign of respect in martial arts. Bowing is an act that shows your respect for others without saying a word. Respect your instructor in class by following their instruction and performing your best. There are many ways to show respect. Being on time is one important way. By acting with respect, you will gain the respect of others as well.

Questions to Think About:

- 1 What are some ways you can show respect?
- 2 What does acting with respect do for you?
- 3 Has anybody shown their respect to you without words? How did they do it?

+ WEEK 3 THINK

You get a little older and a little wiser each year. You're learning how to be more independent and self-sufficient. You might even know some things your parents and teachers don't know about computers, technology, or pop culture. None of this is an excuse for you to stop being obedient to your elders. This comes with having respectful thoughts and showing your respect to the knowledge and wisdom of your parents, teachers, and instructors. You may think you know the answers to your problems and challenges, but

things are often more complicated than they seem. Take advice from your teachers; they had to know something to get where they are. Take the time to listen and learn and you will become wise, too.

Questions to Think About:

- 1 What do you think it means to think respectfully?
- 2 What does it mean to be wise?
- 3 How can you gain knowledge from other people?

+ WEEK 4 LIVE

If you found an iPhone on a cafeteria table at school, what would you do? This kind of thing doesn't happen every day, but you do face questions every day about your virtues in your everyday life. You should strive to be the kind of person who inspires others to follow your example. You know—being a leader, not a follower. Be an honest, courteous person. Set an example for your friends and your siblings. Respect is earned, and if you give respect and live with virtue, others will give you the respect you deserve.

Questions to Think About:

- 1 What does it mean to have virtue?
- 2 Why is it considered "uncool" to be a polite or an honest person sometimes?
- 3 In what ways can you live your life with respect?

+ WEEK 5 REVIEW

Review 1-4

+TOP FAT BURNERS

It's that time of year again when a leisurely mood and luscious treats can start to have an impact on even the strictest nutrition and exercise advocates—the holiday season. As your first line of self-defense, Leader's EDGE is providing some intense fat-burning exercises for your routines to help you keep the winter bulge away. However, take careful note of the following: Exercise alone won't save you from a holiday tummy. Burning fat is as much about



eating fat-burning foods and managing your portions as it is about frantically working on a treadmill or powering through strenuous martial arts drills. Eat as many healthy food as you can and limit the time you spend hovering over the Thanksgiving spread, while you consider these fat-burning routines. The key is for your students to perform these exercises in an unbroken mix for at least 15 minutes. Each week you can increase the duration of the cardio session—15 minutes, 20 minutes, 25 minutes, and 30 minutes by the end of the final week!

EDGE Fitness

+ RISING STAR

Impact: Build overall body tone and explosiveness in the joints.

The Rising Star is an excellent fat-burning exercise because it takes your body through a total range of motion—from a position lying flat to a jump in the air. Start off flat on your back with your toes pointing up in the air and your palms flat on the floor beside your hips. Bend your knees and pull your feet straight up to your buttocks. Using your hands as support, lift your upper body up toward your elevated knees. With one good thrust, push yourself up off the floor into a standing position. Once you are standing, perform one jumping jack before lowering yourself back down to the floor to repeat the exercise.

As the purpose of this exercise is to burn fat, your goal will be to work up to 15 minutes of an elevated heart rate and constant motion. Your students may find it boring to perform this exercise for 15 minutes straight, so you may want to mix in the other three activities once their endurance reaches a level where they can perform the exercises for at least 15 minutes without stopping.

+ ROWS

Impact: Increases back, shoulder, quadriceps, and calf strength.

Rows are a great way for your students to develop their muscles at the same time they are burning fat. The exercise requires students to pair up and work together. It is helpful, but not mandatory if you pair students of relatively equal height. Have your students stand facing one another and raise their hands up in front of them, clasping hands with their partners. One partner will step forward with their left leg while the other partner steps back with their right. This will create a see-saw effect. The other partner will push back and the student who first advanced will now take a step back with their left foot, while their partner steps forward with their right. Continue for a few minutes before switching legs.



+ BOUNDERS

Impact: Tones key muscle groups while burning fat.

Your muscles work like elastic springs that can help you cover long distances very quickly, or absorb heavy impacts with relative ease—if they are conditioned correctly. Bounders are exercises that utilize the springy power of your muscles with a focus on your legs. Before performing these exercises, it is important that you warm up the muscles and stretch them appropriately. Have your students start a light jog around the gym for about five minutes. Once your students' legs are warm, when you say "bound," your students will leap off their strong leg as if they are performing a running long jump. Then, your students will immediately leap off their weak leg before resuming their normal jogging stride. After your students have gotten the hang of the exercise, have them perform bounding strides from one side of the gym to the other, and back. For added difficulty, have your students bound backward (be sure they don't try to move too fast or take strides that are too long). Other variations you may want to try include having your students pogo straight up and down, each time trying to jump higher than the previous jump, or raising their knees all the way up to their chests on each stride.

TIP PRELIMINARIES

Requirements:
Sparring gear



BATTLE+ DEN

Respect is such an important aspect of martial arts, as well as throughout your entire life. You need to learn to respect your instructor, your parents, your teachers, and, most importantly, yourself. The martial arts will teach you how to respect yourself and others, and how it can enhance your martial arts training. In addition to becoming a better martial artist, you'll become a better person when you learn how to speak, act, think, and live more respectfully.

EDGE Games

+ WEEK 1 BACK TO BACK RELAY

Two people should pair up that are of equal height and weight. Partners sit back to back on the ground. The objective is to stand up at the same time while communicating. Then, the partners must walk across to the other side of the room and back. Make sure you don't place your hands on the ground, as injury may occur. Once all groups have accomplished the task, group into fours and eights until the entire group succeeds together.

+ WEEK 2 POWER BALL

Requirements: Chest harness, rope, ball, electrical tape, measuring tape

Divide your class into their respective teams. Pair each student with an opponent from the opposite team of equal size, weight, and strength. The objective of this game is to build your students' physical strength at the same time that you're building their perseverance. Create a starting line with your electrical tape at one end of the room. One student gets into the harness while the other student holds it. Give the ball to the student in the harness and, when you say go, have them run and place the ball as far out as they can reach. Measure the distance from the starting line to the ball. When the first team is done with the challenge,

tally up their score and have them switch roles with their opponents and repeat. The team that records the greater distance wins.

+ WEEK 3 FORM CHARADES

Continue playing so students can practice their forms. Divide your students into their respective teams. Write down the names of a few forms that you've taught the class on a piece of paper. Have one student from each team perform part of a form. Use a stopwatch to time each group. The first group will have one minute to figure out what form is being performed. If they don't guess before time runs out, then the other team gets to guess. The team that gets it right gets one point. For the next round, have the other team pick a performer and they will get to guess first. Continue as long as time permits. The team with the most points wins.

+ WEEK 4 BLITZ

Requirements: Football or some other soft ball of similar size, floor mats, headgear

Divide your class into their respective teams. Make sure that your floor mats cover your designated play area (in other words, if you only have a small area, use it for your game).

Toss a coin to see which team goes first. The team that begins the game selects the first player to carry the ball. The opposing team lines up to defend the goal. When you say go, the offensive player will try to carry the ball through the defense and score. The teams will alternate offense and defense, with a different player running the ball each time. The team with the most points after every player has run the ball wins.

+ WEEK 5 MIX ACTIVITIES





+ LEADERSHIP TRAINING

LEADERSHIP THROUGH GRATITUDE

Just as one of the first expressions a child learns is “thank you,” every martial artist should also have thankfulness as a primary feeling of their martial arts life.

Being thankful is when you have feelings of gratitude for your circumstances and other people. Take the time to pause and reflect and you will find that you have many reasons to give thanks.

First, it should really be easy to see reasons for being thankful to be part of the martial arts school where you train. In the old days, not everyone had access to the experience of training and the deep philosophy which comes from the martial arts. You should have a feeling of gratitude for the opportunity to learn how to defend yourself and the life-preparedness that training in the martial arts gives you.

In other words, be thankful for the code of ethics and the curriculum that you practice and learn from at your martial arts school.

Second, understand that if your teacher’s skill and vision never came to fruition, you would not be training at the school you’re thankful to be part of. Every student must be thankful for the high level of skill at which the teacher instructs and demonstrates martial arts techniques, because this is what initially made you decide to train with him or her. The character of your teacher is also a role model for you to copy and have gratitude for.

Third, classmates are a very important element in your training at your martial arts school. Having a thankful heart towards classmates can begin with the start of class for a partner who helps you stretch and prepare for a class without injury. Be thankful for classmates who are used as the recipients of your self-defense techniques and a target when practicing basic striking. Give thanks for sparring partners who give you their best, so you can become your best. Higher ranked classmates should be thanked because at times they will actually help to teach you the next level in your training.

As you can see, you have much to be thankful at your school. Discipline yourself to be more aware of the many aspects of your school that should be appreciated and then be sure to express it by being thankful.

