PROGRAM GUIDE

December Issue





Fitness

Students will give all they've got in this month's EDGE Fitness.

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Games

These battle den games will help your students give all they've got to their training.

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Leadership

Learn how leadership can make you more successful in life!

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+ GIVE SAGE SESSIONS:

+ WEEK 1 WISELY

Who can resist a free iPhone, right? All you have to do is enter your email and it's all yours. Free! No hassle. Fifteen forms later, you find out that you've been tricked, there is no iPhone, and you're now going to get email spam every day for the rest of your life! Take this as a warning that you should be careful who you give your information to. You also need to be careful with whom and what you give your time and energy to. Some things help you grow as a person and can be lots of fun, while other things hold you down and make you more cynical and lazy. Be aware of the dangers out there by asking questions of people before you give.

Questions to Think About:

1. *Why does it matter who you give to?*
2. *What are some ways you can avoid giving to people you don't trust?*
3. *How can you know if someone is trustworthy or not?*

+ WEEK 2 GENEROUSLY

So, now you know how to give, but maybe you're still reluctant to give it all you've got. The only way to get anything of value in life is by always giving your best. If you think you're going to achieve the success you want, make the right friends, and have a positive experience in your future without giving all of yourself, you're incorrect. People want to see the real you. Not the person who is stingy. Don't be an Ebenezer Scrooge. The most important thing about having talent is sharing it with others. Don't be afraid to give it all you've got!

Questions to Think About:

1. *What does it mean to be generous?*
2. *Why are some people selfish?*
3. *What are some talents you have that you can give or share with others?*

+ WEEK 3 THOUGHTFULLY

Money is tight this time of year, so to make sure you get what you want for Christmas, you just buy it as a gift for your younger brother. That way, you'll know you're getting exactly what you want. Does that sound fair? That's because it isn't. Would you like to get a new set of patio furniture? Your parents could do it to you if you're not careful. Give thoughtfully and people will give thoughtfully right back to you!

Questions to Think About:

1. *How can you know what people want?*
2. *Why is it important to give thoughtfully?*
3. *How do you feel when someone gives you something without being thoughtful about your needs?*

+ WEEK 4 CONSISTENTLY

Have you ever seen somebody who had one of those beds that makes itself? How about dishes that do all the washing for you? Unfortunately, these boring old chores have to be performed by real humans, every day. That's right, all the time. Consistently. Learning how to be consistent is a very important thing in your life. It will give you the discipline to succeed. And when we're talking about giving, it's important that you don't just give once and think that's the end of it. Giving is never done! Give consistently of yourself and you will see the rewards.

Questions to Think About:

1. *What does it mean to give consistently?*
2. *Why should you be consistent in your giving?*
3. *What are some things you give that you should give consistently?*

+ WEEK 5 GLOBALLY

You already know the power of the internet. It's what allows you to hear new music from all around the world, and get news from anywhere in the country. Technology like the internet has made it much easier for us to connect with people anywhere in the world, so it's time to start thinking about the world around you. Taking care of the environment and donating to international charities are two ways you can give globally and make a difference.

Questions to Think About:

1. *Why should you help people you don't even know?*
2. *What are some global issues that are important to you?*
3. *What are some ways you can give globally?*

+ DEMONSTRATE THE ABILITY

*This month's theme is **Give,** so students will focus on giving their all during the fitness feature this month. So, let's use basic exercises to demonstrate the ability to achieve the seemingly impossible!*



EDGE **Fitness**

+ WEEK 1
SIT-UPS

Sit-ups are one of the most challenging exercises because they work the often weak and underutilized abdomen muscles. So, how do we get crazy about sit-ups? By doing a lot more than you think you can!

Start by announcing to your EDGE students that they're going to do 300 sit-ups. Of course, performing so many push-ups sounds impossible, but tell your students they can do this. Start by having them do 50 sit-ups as they count each one out loud. They don't have to do them together, but all have to reach 50 before moving on. After the exercise, proceed with the class. Soon after, pause the normal class action and have them do another 50, using the same rules as before. Continue this method of interrupting class every now and then until they've completed six sets. Make sure you don't end class with sit-ups, because at the end of class, you want to announce that everyone was much stronger than they thought they were: They did 300 sit-ups! Not all at once, but still, it's 300! Your EDGE students have now proven to be much more capable than they thought, with a little bit of pacing and patience.

On Monday, Tuesday, Wednesday, and Thursday, keep 50 at a time as your count. For Friday, ask students to really test their progress and reach 100 at a time (only three sets).



+ WEEK 2
PUSH-UPS

Push-ups are another difficult exercise. Usually, our arms and chest muscles aren't as bothered by push-ups as our abdomen muscles are by sit-ups, but the weight is no doubt heavier, and is overall a more calorie-burning, weight-lifting style exercise. Students will literally push their limitations by completing 200 push-ups. If you ask how many they can do, you'll probably get answers like 25, 30, or 50. So, when you tell the class they're in for 200, you'll get quite a shock. Use the method described above in the sit-up exercise, but go with 25 at a time.

+ WEEK 3
JUMPING JACKS

This one is going to be intense! Students are primed for this exercise sneaking up on them. Maximizing your potential means taking what you can do, and stretching it to a place you never thought possible. So, let's do it! Start early in the week by telling students, "We're going to do 100 jumping jacks." When you get to 100 say, "Don't stop! Start over at one; here come another 100!" By Tuesday, do that again, but take them to 300. On Wednesday, do 400. And on Thursday, do 500! They won't believe they can do half a thousand jumping jacks.

+ WEEK 4
PUSHING YOURSELF

Pushing yourself means that you've seen how far you can go; now it's your course to steer. Offer the kids a choice: Sit-ups, push-ups, or jumping jacks? Then, on that day, make sure they perform the big number discussed above. On Thursday and Friday, though, they have to pick at least two of the exercises and if you feel like really pushing them, on Friday, call for the full shebang! 300 sit-ups, 200 push-ups, and 500 jumping jacks! Your students will be freaked out, but ultimately feel like anything is possible after achieving such great numbers.

+ WEEK 5
COMBINE ACTIVITIES



TIP
PRELIMINARIES

Requirements:
Sparring gear.

BATTLE+ DEN

Explain to your students that getting gifts and other material possessions is always nice, but giving feels so much better. Once they learn that by giving they are not only helping others, they're helping themselves grow as a person and martial artist, they will have gained an important character trait that will influence their martial arts training as well. They will also give more of their potential during training.

EDGE Games

+ WEEK 1
ROCK 'EM, SOCK 'EM NINJAS

Students form a line (one behind the next) in front of you. Throw an attack (for which they have learned a defense) at them quickly. Each student has a few seconds to react. Whether they successfully defend or not, their turn should end in less than ten seconds and they return to the end of the line. Keep moving quickly and vary your attacks. This drill has many variations; some of them can get quite rough if you are not careful. Keep a tight rein on safety rules and have students wear protective gear if you think it is necessary.





+ WEEK 2
CRAB FIGHT

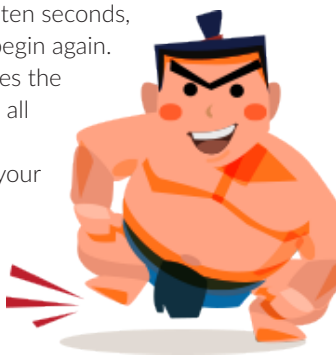
This activity can be done with several players at a time, or one-on-one. Players start in a crab position, belly up on hands and feet, and must remain in that position. If they turn over or touch the floor with anything but their hands and feet, they are out. They must push and pull other players to throw them off balance. The last one still up wins.

+ WEEK 3
WHISTLE DRILL

A more advanced variation of Simon Says is the whistle drill. The students spread out on the floor and you give a command like, "jumping jacks," and blow a whistle. The students do jumping jacks until the instructor blows the whistle again. The students then must freeze and not move. Then, give another command and blow the whistle to signal the students to begin. Any student who moves between whistles is out and has to sit down. You may also try tricking students into moving by calling a technique, but not blowing the whistle. Any student who does the technique is out. For really tough students, you can talk to them, approach them, ask questions, and try to distract them into moving.

+ WEEK 4
SUMO CHALLENGE

Two players compete at a time. Create a ring. Students must try pushing each other out of the ring in ten seconds. If nobody is pushed out of the ring after ten seconds, the wrestlers must begin again. The winner then faces the next challenger until all students have had a chance. Once all of your students have had a chance to compete, the last student in the ring is the winner.



+ WEEK 5
COMBINE ACTIVITIES



+LEADERSHIP TRAINING

YOUR CHILD LOSES FOCUS WHEN IT REALLY MATTERS?

If you can remember what it was like to be a teenager, you may remember all the changes you experienced as you grew into a young adult.

It's often difficult for teens to focus on just one thing, because they have so many other things happening in their life at a given time; whether it's at school, work, home or with their friends.

Many times, teenagers are beginning to notice the opposite sex and, as we all know, that can take up a lot of a teenagers' focus.

You may start to notice that your teen is not doing well in school and their grades begin to drop.

By enrolling them in our Leaders EDGE Program, they'll receive all the benefits of the martial arts, including being taught how to combat ADD and ADHD to improve academic success.

Students will learn how to concentrate and remain calm when they need it most–in the classroom.

Help your teen learn how to focus, in addition to the other benefits that the martial arts offers!



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