

A photograph of two young boys, one with blonde hair and one with dark hair, both wearing white martial arts uniforms with white belts. They are standing in front of a brick wall and smiling warmly at the camera. The boy on the left has his hand on the shoulder of the boy on the right.

**BLACK BELT**  
*EXCELLENCE*

**FRIENDS FOREVER**

LOGIN NAME:

# FRIENDSHIP!

## ON THE POWER OF HAVING FRIENDS by: Mark Silva

I think I was a pretty shy kid. A lot of kids are. It can be hard when you're starting a new grade, or going to a new school. There are so many new faces around. Who do you talk to? How do you make friends? Eventually you do find your people and those friendships that are built can be some of the most important relationships in your life.

I met most of my best friends in Martial Arts classes. It really helps when you have a shared interest and you're working together to learn a skill. The confidence I built through Martial Arts helped me overcome my shyness. I started performing in the school talent shows with my friends. We competed in tournaments together. It really changed my life and made me a happier person.

Martial arts might seem like it's all about improving your own skills, but teamwork is a huge part of it as well! Practicing with your classmates is teamwork. You can help your friends improve by working together as a team, showing good judgement, and holding each other accountable. Increasing the morale of one student in the class has a domino effect and creates more positivity for the entire class.

If one of your goals is to compete in tournaments, you'll quickly see how competition can bring you closer to your teammates. Everyone participates and cheers each other on! Your school is in it together to help everyone rise up and push through. You look out for each other and share the common goal of winning that awesome trophy.

I love Martial Arts. I love getting better at techniques. I love practicing forms over and over again until they're close to perfect. But I love the friends I made along the way most of all. The camaraderie and teamwork that comes along with Martial Arts is an incredible bonus.

I still talk to a lot of the people I grew up with in Martial Arts. They've gone on to become designers, coders, police officers, and a few have even opened up their own Martial Arts schools. How cool is that!?

Friendship is a very powerful thing.

## WHO IS YOUR BEST FRIEND?

*What do you do together? Did you meet in martial arts class? How are they important to you?*

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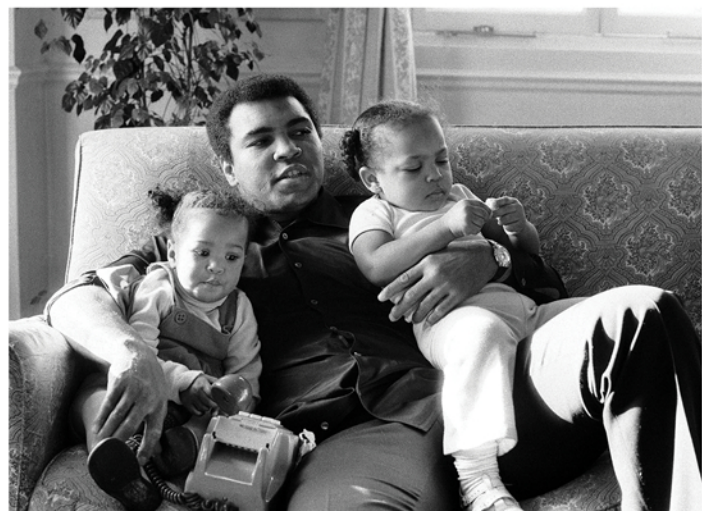
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## KEEP YOUR FRIENDS BY YOUR SIDE:

“Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything.”

- Muhammad Ali  
Professional Boxer, Activist,  
The People's Champ



**FRIENDSHIP AND TEAMWORK GO HAND IN HAND. HERE ARE 3 QUALITIES THAT MAKE A GREAT TEAM PLAYER:**

- 1. RELIABILITY. Show up prepared and on time. Don't be afraid to share your ideas.
- 2. COMMITMENT. Focus on the overall success of the team and the inclusion of everyone in it.
- 3. COOPERATION. Work positively with others. Figure out ways to overcome any differences.



This month I want you to think about how you can help others complete tasks or improve skills. It might be helping someone in your martial arts class, it might be helping your parents clean the house. For Example: *WHEN I SEE THIS HAPPENING... Someone in class is struggling with their stances. I CAN HELP BY... Taking some time to demonstrate the correct way to do it.*

**1. WHEN I SEE THIS HAPPENING...**

**I CAN HELP BY...**

**2. WHEN I SEE THIS HAPPENING...**

**I CAN HELP BY...**

**3. WHEN I SEE THIS HAPPENING...**

**I CAN HELP BY...**

Parent's Signature:

Date of Completion: / /

**NEXT MONTH:  
LEVEL 10 IS SELF-ESTEEM**

# LET'S FIND STRENGTH THROUGH FRIENDSHIP & TEAMWORK!

We all love watching movies and reading books. Some of my favorites are stories about friends working together to accomplish a goal.

Do you have a favorite fictional character? Is there a movie or tv show that you and your friends love watching together? Pick a movie or book and fill in the lines below!



*My favorite example of friendship is Harry, Hermione and Ron from the Harry Potter franchise.*

*SPOILER ALERT: They meet at a young age when they're starting school together at Hogwarts. Over the years they grow together and deal with some pretty difficult situations. They always work together and help each other out. The power of friendship helps them overcome the odds!*

**MY FAVORITE EXAMPLE OF FRIENDSHIP IN A STORY IS:**

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**WHAT DO YOU LIKE ABOUT IT?:**

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**HOW DID THESE CHARACTERS WORK TOGETHER TO ACHIEVE THEIR GOALS?:**

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**WHAT LESSONS DID YOU TAKE AWAY FROM THESE CHARACTERS?:**

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**PROGRESSING...**