

**BLACK BELT**  
*EXCELLENCE*

**I AM  
BULLY  
PROOF**

OCTOBER • 2019

YOUR NAME:

# SELF-ESTEEM

## I WAS THE KARATE KID by: Mark Silva

In the early 1990's I was the Karate Kid. My dad owned East West Karate in Coral Springs, FL and I was the face of the advertising. I was training every day and reading books by the masters. I was trying to perfect my techniques. I was competing in tournaments all around the United States and winning trophies. I thought I was going to be the greatest Martial Artist of all time. The world was my oyster.

JUMP CUT to 1993: I just rode my bike to the local bowling alley to play video games. "Hey Silva!" I would hear this over and over again for years while I was growing up. "I saw you on that brochure and then on that karate commercial...you think you're better than me!? You think you can beat me up?"

I was being bullied. It really hurt my feelings. I didn't want to fight someone in the parking lot that saw a picture of me. It really bugged me for a long time. Then I had a realization. You can't bully me for something I'm proud of. I was proud to be a martial artist. I was proud to be the face of the local karate school. You can't make me feel bad for pursuing my dreams and doing what I love.

Bullies have no self-esteem. They act out because they're scared of who they are. We aren't scared. We are proud of who we are. We can learn to use self-defense if it ever comes to that, but we should always use confidence, self-esteem, and the power of friendship to avoid that. It's a last resort. Martial Arts teaches us how to believe in ourselves. We can do anything! We're never scared to be who we are.

I didn't always have high self-esteem. I was always worried that I wasn't good enough or that I wasn't trying hard enough. Martial arts changed that for me. It's a different story for every person, but performing in front of people did it for me. I loved showing off to my parents and my friends at belt graduations. The music would be pumping and I would put on a show...kicking as high as possible, screaming at the top of my lungs. That takes work.

The work is what helped build my self-esteem. I was never late to class. I practiced in front of the mirror like my life depended on it. I saw the other kids in class kicking higher than me, but I didn't let it get me down. I just concentrated on how I could be better. Eventually my confidence levels soared and I couldn't wait to get on the floor and show off my skills.

You may find that things are difficult sometimes. You may start feeling bad about yourself. We're going to push through. We're going to persevere. Repeat after me: I BELIEVE IN MYSELF!

## HAVE YOU EVER BEEN BULLIED?

*Most kids have been bullied. Let us know what happened, how it made you feel, and what you did to overcome it.*

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## YOU HAVE TO BELIEVE IN YOURSELF:

"You have to let fear go. Another lesson is you just have to believe in yourself; you just have to. There's no way around it. No matter how things are stacked against you, you just have to every time."

- Venus Williams  
professional tennis player





### 3 WAYS YOU CAN BOOST YOUR SELF-ESTEEM:

1. Do the right thing! Finish your homework on time, eat healthy, and practice your martial arts.
2. Try not to compare yourself to others. Instead focus on yourself, your accomplishments and your future goals.
3. Forgive yourself. Everyone makes mistakes and mistakes aren't permanent. Learn from them and move on.



Positive affirmations can go a long way in making you feel good and reinforcing all the wonderful things about you. *List 3 reasons why YOU believe in yourself.*  
For Example: *I BELIEVE IN MYSELF... because I never give up in class. I know I can always try harder and reach new heights!*

1. **I BELIEVE IN MYSELF...**

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2. **I BELIEVE IN MYSELF...**

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3.

**I BELIEVE IN MYSELF...**

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Parent's Signature:

Date of Completion:     /     /

**NEXT MONTH:  
GRATITUDE**

# LET'S DESIGN A POSTER!

*Let's be BULLY PROOF! In the space below I want you to design a "I AM BULLY PROOF" poster that could hang in your school.*

*How would you express your views on self-esteem and bully prevention? Get your crayons and markers out and let that creativity fly!*

**I AM BULLY PROOF.**