

The 5 Secrets To Raising
BETTER
BEHAVED
CHILDREN

Who Get Great Grades, Are Physically Fit,
Have Super Confidence & Become The Most
Successful They Can Be!

by

Billy Brown

The 5 Secrets To Raising Better Behaved Children, Who Get Great Grades, Are Physically Fit, Have Super Confidence & Become The Most Successful They Can Be!

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*Congratulations and
Welcome.*

Martial Arts has always been such a huge part of my life. My father introduced Martial Arts to me at the young age of 3 and every since it's all I have done.

When I was young, it was all about the training!
Really all about myself.

As I started to mature though and go through the “storms” of life I realized that I probably would not have made it through many of these storms if not for, of course Gods blessing but also the Martial Arts Training and the mindset, confidence and discipline that the Martial Arts instills.

I found quickly that it would be selfish of me to not share and give this blessing back to others, especially the youth of today!

Please take the time to read through these secrets that I have used over the last 25+ years to positively influence hundreds of children, producing hundreds of ‘Highly Motivated and Confident, Well Skilled Disciplined Leaders’! – Enjoy!

With Pride and Respect,

Billy Brown

*Dedicated to my Grandmother and
Grandfather for the proper
spiritual and ethical guidance,
my Father for sharing such a
great gift and my loving and
supporting wife Brittney for
always giving me the extra
drive and push that I often
time need.*

*Thank you for being my
inspiration and bringing out
the best me,*

Love Always

Billy

“The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning.”

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Special Resource Guide For Parents:

**The 5 Secrets To
Raising Better
Behaved
Children, Who
Get Great Grades,
Are Physically
Fit, Have Super
Confidence &
Become The Most
Successful They
Can Be!**

If you are a parent, you probably don't have a lot of time to waste. So I'm going to get right down to business and deliver the information your family needs...information that can literally transform the life of your children and dramatically increase their chances for success in school and in life.

Introduction

I guess we should begin with the key motivation or reason why you are reading this right now. In my many years of dealing with parents I have uncovered one simple need or desire in all of them... to somehow change the everyday behavior of their children and help to give them some kind of an "EDGE" in Life.

You know, parents love their children with all their heart and soul. However, the child they have isn't always the type of child they wish he/she could be.

That's not to suggest that you don't love your child, but it is to suggest this simple idea:

Children don't always behave in the correct fashion.

When you requested this guide, you were obviously looking for something...a change maybe? HELP?

Maybe your child is misbehaving at school or maybe your child is dressing or acting in a way that is embarrassing and makes you feel uncomfortable to be out with them in public.

Think about it...you know what I'm talking about...the baggy black clothes, nail polish and makeup, the lack of respect for other people and their property. ETC.

But this phenomenon can be stopped dead in its tracks and your child can be set on a path to success within weeks. I'll tell you exactly how to make it happen for your child in a moment. First, let me ask a few questions...

Would You Like To Improve Your Child's Grades?

Parents often confess to me that their child is not as smart as they wished and they know that he or she could be smarter. What they don't realise is that most of the time the problem has nothing to do with their child's intelligence...but rather his or her lack of focus and concentration.

- ☑ Does a rustling tree outside your daughter's window take her mind off her homework the minute she sits down to start working?
- ☑ Five minutes pass and he's kicking a ball at the wall?
- ☑ After 2 minutes of homework does she drift off into a daydream?
- ☑ Does he grab a drink, get some food, or use the bathroom every 5 or 10 minutes?
- ☑ Can she not sit still long enough to finish a single task?
- ☑ Is he being punished for talking too much in class?

These are all indications that your child is having a problem concentrating and focusing which can make grades suffer, cause self-confidence to waiver, and moral character to crack. You may have even been told he or she has a learning problem.

According to Sam Goldstein, Ph.D., a child psychologist who is a clinical instructor at the University of Utah School Of Medicine, most young children are naturally active and may be unable to pay attention to a single task for a long period of time. However, some children who are consistently hyperactive should be evaluated by a mental health professional for possible Attention Deficit

Dr. Goldstein knows what he is talking about...but in my personal experience I have found that quite often **your child's lack of focus is due to boredom or a lack of challenge, motivation and physical activity.**

Later in this guide I will show you a way you can help your children overcome focus and concentration problems and help them improve their grades, confidence, and behavior as a result.

Are You Concerned About Your Child's Health?

Do you sometimes feel like you are raising a couch potato?

You might not be able to handle what I am about to tell you, especially if you have an inactive or “lazy” child.

Research by Dr. Richard Saphir, a paediatrician and a member of the editorial advisory board at *Child Magazine*, reveals that in the last 30 years the number of overweight children ages 6 to 11 has doubled. More terrifying is that the number of overweight children in the 12 to 17 year age group has tripled over the same period.

What used to be only adult conditions are now showing up in our innocent children. Type 2 diabetes and high blood pressure, which are not normally problems children face, are now becoming more commonplace.

- ☑ Are you worried about your child's health because you can't get him or her off the sofa?
- ☑ Would your child rather play video games than run around outside?
- ☑ Does your child's diet consist of fizzy drinks and M&M's?
- ☑ Does your child walk for five minutes and say his or her legs hurt?

Being inactive and unhealthy puts your child at risk for major health problems like cardiac, kidney, and eyesight complications.

Many experts believe that if our children's current health issues are left to sort out by themselves we could be facing an epidemic that, for the first time in our history, creates a generation of children who live shorter lives than their parents.

Imagine your child living a shorter life than you.

Think about your little ones facing major health crises at an early age. Imagine your children not being able to enjoy their own children's lives as long as you will enjoy yours. This is a terrible and serious problem.

In the short term, there are many challenges your children will have to face as well.

- ☑ An unhealthy and overweight child is more likely to be teased and ridiculed at school.
- ☑ Many of them find it hard to keep up with friends on the playground, which leads them to quit physical activity all together and causes poor self-esteem.
- ☑ Being overweight also can make them feel embarrassed, sad, or even angry. And when they feel bad, they may eat more because they turn to food for comfort.

This creates a vicious cycle, which can lead to mental and eating disorders that can continue for life.

Later in this guide I will show you a way you can help your child become healthy and physically fit in a way that doesn't take up a lot of time and at the same time makes them super-confident...something they'll love to do.

Is Your Child Mixing With The Wrong Crowd?

Judith Eagle of *Junior Magazine* asks, "Should you be trying to influence—or even control—your child's choice of friends?"

The answer to that question is no—well not directly anyway. Follow me on this... if you try to control your children's behavior, they will feel like you are trying to run their life and they *will always end up rebelling!* What you need to do is subtly steer them in the right direction.

Dr. Linda Bolton, a clinical psychologist and mother of two small boys tells us, “Young children need to learn social skills, negotiation and diplomacy and if you block this from happening it could affect their ability to relate to people later on.”

The key to successfully steering them to make positive choices you agree with is to help them develop a high level of self-confidence and self-esteem. For many children between the ages of 4 to 12, confidence and esteem problems are common and can cause unpredictable and destructive behavior.

Here are some of the problems that confidence and self-esteem issues can cause:

- ☑ Hanging out with friends who are a bad influence
- ☑ Being persuaded by negative peer pressure
- ☑ Experimenting with drugs, sex, and gangs
- ☑ Lashing out
- ☑ Trying to fit in by doing things they wouldn't normally do
- ☑ Inability to say no and make smart choices
- ☑ Plummeting grades

Confidence and self-esteem problems must be addressed and curbed immediately to avoid the negative behaviours that can pop up because of them.

Later in this guide I will show you how to give your child “bullet-proof” self-esteem. With this newfound level of personal confidence your child will be armed with all the tools necessary to ward off bad decisions and troublemakers.

Maybe Your Child Isn't Doing Any Of These Things...YET!

So perhaps your child isn't necessarily exhibiting any of these behaviours yet. Maybe you don't think your child will be affected by anything like this. Maybe you are saying to yourself, “It can't happen to my child.”

I understand you've raised a good child. You are an upstanding citizen and you made it through okay, right?

Here's what you are not taking into consideration; Today, life for a child is completely different from what we experienced growing up...there's more social pressure, more distractions, and less time for good instruction and leadership.

Maybe this hasn't happened to your child yet, but this guide is in your hands for a reason.

- ☑ Maybe you've seen it happen to a neighbor's child, a friend's child or a family member?
- ☑ Maybe your child just met a new friend who is starting to influence him or her in a negative way and you are worried about the possibilities of what is to come?
- ☑ Maybe you just want to keep your child from having to go through any of this at all?

If that is the case you are in luck because I am going to show you how you can shield your children and give them all the tools necessary to help them make better decisions.

In the pages to come, I am going to reveal to you the 5 secrets to raising better behaved children who get great grades, are physically fit, have super confidence, and become the most successful they can be!

The Root Cause Of Your Child's Problems—UNCOVERED

There is a reason why bad grades, lack of focus, poor esteem and confidence, unhealthiness, bad peer group choices, experimentation with drugs, alcohol and sex and many other problems happen to good children.

Granted, sometimes it's a chemical or mental disorder that needs professional treatment, but in many if not most cases it's not a pre-existing medical condition that causes these problems in your child. Often, the real reason is quite simple—**they haven't seen a good example they can copy.**

What are our young people to believe when they are exposed to so much negativity and lack of ethics in every sector of society? When the schools are so overpopulated and understaffed. When the weight of the world are on the shoulders of caring and loving parents like yourself who just can't find enough time to educate, motivate and lead their children like they wish?

Doctor Greene says,
“One of the most powerful
ways that children learn is
through imitation.”

Dr. Greene is not new to this topic. He is the Paediatric Expert for Yahoo! Dr. Greene has also authored many books on the topic of child development.

IMPORTANT FACT: In a study appearing in the January 2002 issue of the *Archives of Paediatrics and Adolescent Medicine* it was suggested that children who report having role models get higher grades and have greater self-esteem than their peers.

BUT...here's the kicker.

Only about half of the children surveyed reported that they had role models—people they wanted to be like. Does it matter who they choose? Role models are most powerful if they are people whom the child knows and spends time with.

Parents and other relatives were named as role models more often than anyone else, but almost as many identified media figures such as actors, musicians, athletes, politicians, or even scarier, cartoons as their role models. ***That is a RED FLAG and I'll tell you why later.***

Here's The Powerful Solution You Should Consider

Are there any solutions to the challenges you face as a parent and your children face as adolescents in today's world?

Absolutely.

And in the next few pages I am going to share the one I have found to have the most profound impact on children between the ages of 4 to 12.

This is the only solution I have found that has a powerful, long lasting, and residual effect on children. It impacts their mental focus, inner strength & confidence, scholastic achievement, physicality, lifetime health & fitness, helps them choose better peer groups and ultimately become more socially accepted.

I have seen it happen again and again in so many children's lives. Many times it works so well for the child that parents frequently join in. It becomes a complete bonding and positive life-changing experience for the whole family.

This little known and almost secret solution is
Martial Arts.

Now you may be thinking...Martial Arts?

Like the Karate Kid...wax on, wax off...or
Jackie Chan?

Martial Arts are more than teaching children how to do a bunch of punches and kicks. I believe the biggest impact that Martial Arts can have on the lives of children is to show them a simple example of how to behave that they can emulate.

What's so common about common courtesy? Well, here's the answer: It's uncommon! It's not that people deliberately decide to be less courteous. They simply don't know how to be courteous.

One of the simple things that Martial Arts are able to give a child is an example of how to be courteous. Martial Arts can teach them how to properly say hello and goodbye and how to say simple words like "thank you" or "yes or no" with an added "Sir or Ma'am."

We heard it when we were children right? “Birds of a feather flock together.” “Like attracts like.” But in our society how often are we able to control or orchestrate our child’s interaction with other people, other children—their peer group—and have control over the type of examples they follow?

Do you know what frustrates me most about what I see in our society today?

It’s the kind of people who are actually influencing our children and changing their behavior. Think about it. Think about whom your child is imitating, trying to be like?

Celebrities!

Do you realise that many children copy the example represented by *Eminem*, *Britney Spears*, and *50 Cent* as the type of men and women they aspire to become? And why is that? Well, one simple notion is the fact that by copying that particular lifestyle they’ll be more readily accepted.

I believe one of the biggest impacts that Martial Arts have on any child is simply this...the opportunity to see a model example and to be rewarded for copying that set example and by giving the added Leadership the they will need to Succeed.

In other words, it comes down to this simple idea; “Children will behave and act in accordance with the support they receive from their family, friends, classmates, teachers, etc.”

However, in order for children to control their behavior, to modify it, they have to see an example that’s divorced from everything else, away from TV and celebrities.

And what happens in a Martial Arts Academy is this; Although we only see a student maybe two hours out of a total of a 168 hour week, those two hours are in fact so impactful, so insightful, so experiential, they are able to carry that good example into their everyday life.

So, good behavior is something simple to talk about...however, to impact a youngster, to modify their behavior and to be committed to changing it, we have to remind them that this is how you act and this is how you are rewarded for acting that way.

You see in Martial Arts we only support good behavior. That’s it!

But if you think about most organisations, structured schools and educators your child interacts with, you realize that they only correct bad behavior. And as you know, whatever you focus on is in fact what's going to show up in your life. If you focus on the bad behavior... bad behavior is guaranteed to show up.

So to change a child's behavior what we have to do is be the example. Allow them to copy the example. Support their copy regardless of how good it is at the moment.

And that support is how we change and modify a child's behavior in our Martial Arts academy, by constant positive support of them copying the desired example.

But here's the point I want you to listen closely to... that doesn't happen just because the school teaches Martial Arts. *That happens because the core benefit of a Martial Arts program is teaching someone how to act and what to become.*

THE 5 SECRETS TO RAISING BETTER BEHAVED CHILDREN

Secret #1:
It's Not What
You Get To Do...
It's What You Get
To Become

**“Becoming A
Highly Motivated
and Confident,
Well Skilled,
Disciplined
Leader!”**

Forget about the fact that your child will learn to break boards, do kicks and punches, and learn self-defense. What really matters is what will happen *to* them as a result of their involvement. What matters is what they will silently, unknowingly, without obvious influence from you, become.

As a Martial Arts student your child becomes a role model. He or she becomes a self-confident, up-standing young person with respect for his or her leaders, parents and elders.

A Martial Arts student is a physically fit, health conscious child, who exudes an air of power and self-respect. Someone who is trained in the Martial Arts learns to focus and concentrate and understands how to use that to achieve his or her desired goals.

The child becomes a self-disciplined adolescent who can handle him or herself ethically and morally in any situation and can avoid confrontation, dangerous situations, and unhealthy peer groups.

All this comes from the support that they gain from the instructor and the protocol and

etiquette of a good academy and Martial Arts program.

Currently, there is nothing like this going on in our public schools and that's why our children have so many issues with which we have to deal.

Do These Behavioral Improvements Happen At All Martial Art Schools?

Unfortunately, it's not as common as we would like to see. And the reason is that most instructors focus and concentrate on the athleticism of Martial Arts and not Life Skills.

A great example would be a professional athlete. Unfortunately, the lifestyles, attitudes, and behaviors of these people don't always mirror the image you would like your child to emulate.

What I'm putting out here to you is this... if an instructor focuses only on things like competition or a youngster's ability to

perform Martial Arts then they're overlooking the most essential ingredients of what makes a good person. And that is how they feel about themselves and how they interact with other people.

Translation: How they behave.

Our focus has always been not your child's ability to perform Martial Arts, but the accomplishments they gain, how they treat one another, and how they gain self-respect.

How Many Activities Is Your Child Involved In That Are Actually Positive?

THE TRUTH: Very few.

Think about it for a moment. If they are into sports and are not the best then they are considered losers. If it's an academic activity... then the smart children are at the front of the class. Do you understand what I mean?

At our academy, We control the environment to allow every child an experience where they recognise how to gain the support of the

instructor and I reward them for everything they do and accomplish. What happens as a result is that you get a high degree of compliance and participation. Here's what we know; when a student participates and they are rewarded for their good compliance it creates a habit. And from that the habit grows.

Here's another little secret...children want to be recognized. **And unfortunately, if we're not able to recognize them for good behavior they'll certainly gain your attention with bad behavior. LOL**

You have to agree with that!

So the way it is orchestrated in our academy is this...we give them an example, we give them a safe forum, a safe activity, a safe class structure where they can do no wrong if they simply follow our example and apply themselves.

In a moment, I'm going to tell you how your child can experience this— but first, check out secret #2!

Secret #2:
**It's Not Just
About Improving
A Child's
Behavior...**
**You Must
Improve Their
Performance**

“Don’t lower your expectations to meet your performance. Raise your level of performance to meet your expectations! Expect the best in yourself, and then do what is necessary to make it a reality!”

I want to talk a little bit about how Martial Arts can impact a child academically.

It is a common question among many parents. I believe when a parent brings their child in to investigate Martial Arts one of the motivational reasons behind it is not just to improve their behavior but to improve their performance. And there is a close correlation there.

Let me directly answer the question you're asking in your mind.

How can your child get better grades?

It's simple; they need to become a better listener and in order to do that it's necessary to have a higher degree of what?

Focus and concentration are two of the key ingredients for success.

Listen, when you learn how to focus and concentrate on whatever task is at hand, regardless of what it is—creating a model airplane, learning a math's formula, or taking Martial Arts, when you learn how to really learn, that carries over into every area of your life.

But in order to be a better student academically there has to be a higher degree of cooperation with the learning experience, which requires discipline. Discipline is focused effort with increased concentration.

Studying Martial Arts improves your children's academic achievement as their focus is increased, as their concentration is improved, and as their degree of self-worth shifts. By participating in Martial Arts they are much more willing to put forth their best effort in all areas of their lives and in many cases that's the key.

Here's what I want you to realise...

Children don't go to school to bring home bad grades. Children go to school to do their best, but unfortunately sometimes they don't have the skill sets necessary to bring home good grades.

If a child doesn't have the natural inclination to do well in a particular area we don't throw them in—sink or swim. We would be setting them up for failure. So what we do instead is encourage them through one simple idea:

Any degree of improvement is rewarded.

And academically here's how we help parents. We request to see all students' reports. I want to see the report not to pass judgment on whether or not they have an 'A', a 'B' or a 'C.' I want to see the report to let the student know that I'm interested in their progress.

That's a very simple way of doing what? It encourages a higher degree of motivation.

Regardless of what the report looks like—I'm going to find something good. And that good might be one thing...like only missing three days of school. The key is rewarding any degree of good behavior.

Guess what will happen?

They will in fact strive a little harder. Not just in that area, but other areas as well. So any level of improvement is rewarded. And as a result of that we form an alliance. Almost like a triangle with the teacher at school (although sometimes we never meet them) and with you, who obviously supports them by bringing them to my class.

Your child then realizes that all three of these important people in his life—the teacher, you the parent, and me, the instructor, are there to assist them and celebrate and reward any degree of accomplishment or victory he or she has.

By encouraging any degree of improvement we've increased your youngster's ability to focus on the task at hand and perform at his or her absolute best.

This is how together we help your child get great grades!

The Incredible Power Of Repetition

Many people are resistant to the idea of repetition in education, but I learned years ago that **repetition is the mother of skill**. To explain this further, let's use a math example.

If you want to get good at addition you've got to add, if you want to get good at subtracting you've got to subtract. Now, the repetition of developing any new skill is kind of awkward at first and most children are a little uneasy

with this because they simply haven't learned that repetition is fun once you get a better result.

In our Martial Arts program we use repetition as a means of training. By doing the same thing over and over again, we teach the students how to enjoy the learning curve. They learn to get better by doing the same thing time and time again.

They're able to take that experience and realize, "Oh, just like Martial Arts...if I want to be good at Side Kicks... I have to practice Side Kicks. Well, if I want to get good at adding... I have to practice adding."

And that is just one simple element in the class experience that a child is able to bring to school and use to improve his or her performance.

How Can You Tell That A Martial Arts School Is Not Interested In Helping Children Get Better Grades?

It is actually very easy to tell. You just need to find out what desired outcome the school's instructor has for his or her students.

Some of the warning signs that you're in the wrong academy are if the instructor is focused on building champions, winning trophies, or allowing one child to advance to a higher degree based on physical athleticism.

Now, let me be clear about this—there is so much misunderstanding about Martial Arts.

As a child progresses through the ranks it does not mean that they'll ever gain the capacity to be able to walk through walls and jump over tall buildings.

It's not about athleticism.

If you focus on athleticism, the moment a child is physically injured or ill you've discounted whatever they've accomplished up to that point in their training.

WARNING: If all the of focus is put on the physical nature of Martial Arts in the class, we're not helping children develop at an intellectual and emotional level.

Not all schools are equal and what makes our school different is simply this...that a child doesn't have to *be* the best, they just have to *do* their best all the time.

Let me give you a parallel for the adult world. If you want to maintain a high degree of physical fitness you have to work out. But it doesn't mean that you have to kill yourself each and every time you go to the gym. You simply have to do your best while you're at the gym. And we do the same thing at our academy, that's how a student is rewarded.

If Schools Ran Like Most Martial Arts Schools I'd Still Be In Sixth Grade!

To help you realize how our academy is different, I want you to understand this. You did not need an ‘A’ in all your subjects to go from fifth to sixth grade. However, that’s what most Martial Arts schools do with their rank system. Unless you’re a perfect orange belt (which is a degree of rank in our Martial Arts system) you don’t get promoted to the next level.

Let me explain it another way. Unless your child does things exactly right in a certain and specific way they don’t move up to the next belt level—THEY FAIL.

That’s ridiculous.

If I needed to get straight ‘A’s to go from fifth to sixth grade, I’d still be in fifth grade and so would you most likely. At our academy, it’s not about being a perfect student, but a student who is performing at his or her best. **And isn’t that perfection for a child?**

In my personal opinion, perfection is way over rated; it gets in the way of progress. Most schools place such a high degree of emphasis on the physical ability of a student that they overlook the fact that that’s only part of it.

Now listen, those that know me will tell you that I am a perfectionist when it comes to my personal Martial Arts Training and I want my students to be that way also.

But, I also now know that the physical is only a small part of the entire package and If a child's mental and emotional levels are high, the physical will ALWAYS follow!

In a few pages, I'm going to explain how you can check all of this out—

But first you should read secret #3...

Secret #3:
Physical Fitness
Is The Result Of
Creating Good
Habits

“Physical fitness is not only one of the most important keys to a healthy body, it is also the basis of dynamic and creative intellectual activity.”

I know that some parents are looking for a way to increase their child's level of physical fitness and overall health.

The question is...when we talk about physical fitness, what in fact are we talking about?

What is the true benefit of physical fitness? The answer, in my professional opinion, based on my experience and what I've accomplished in my life is not whether or not you look like an "Adonis" when you go poolside. The real key benefit of physical fitness is a higher degree of health.

It's all about health.

Physical fitness is a component of good health and **good health is a result of great habits**. And by influencing a youngster across the board in all areas of life to have better habits you in turn create a healthier and more physically fit child.

But let me go back to the original question. We now know that a parent who is looking for the physical benefits is in fact looking for the health benefits. And what health benefits are we talking about? How about the way a child looks?

As we discussed earlier, obesity is getting out of hand. Obesity is defined as being 20% or more above your optimum weight for your size and age group.

Based on the way an average household controls its diet, nutrition, and exercise, it's no wonder we have such a weight problem in children and adults.

But what I've found is this... if you encourage a child's interest in being more physically active, in most cases that will help them pursue a healthier lifestyle.

Why are children so enamoured by video games? Because they get a great feeling of accomplishment when they play them. I know a little boy who always comes up to me and tells me what level he is on a certain video game. He says, "Hey I'm a level 99 now!" He is proud of his accomplishment.

What if we were able create that same type of experience, not by being sedentary and physically inactive with a video game, but physically active with a Martial Arts experience?

CONSIDER THIS: Children continue to do things they are rewarded for. But what rewards work best? Maybe a star on their report card, a pat on the back, or even a special gift? The real answer is none of those. Everything I just listed is “a thing” but the power behind why this concept works is feelings. As humans we do things for the feelings we get as a result of something we do. It’s all about better feelings.

Listen, if a child gets a feeling of accomplishment doing anything...if they sense they're getting better and they're being rewarded for that improvement they will certainly become more ambitious and enthusiastic.

That's how you can encourage them to maintain a higher degree of physical activity, which will lend itself to being more physically fit and healthier overall.

And that's the goal isn't it?

The Most Overlooked Element Of Health And Physical Fitness

Whenever I ask a group of children, "Who here loves going to bed on time?" Not a single hand goes up. But then I ask, "Why do your parents want you to go to bed on time?" Not surprisingly they give you answers like:

- They don't want me to watch TV
- Mom wants quiet time with Dad
- I'm not old enough

The real reason why children need to go to bed on time is that when they are sleeping that is when their body gets bigger and stronger.

What if every kid knew that?

What if every parent was able to instill that appreciation about sleep? Make them truly understand that sleep isn't a punishment. Sleep is really the reward for good behavior, good diet, good nutrition, good exercise and good Martial Arts.

Do you think that if children were convinced that when they sleep their bones are growing, their muscles are getting stronger, they're becoming healthier they would feel differently about it—understand it better?

Okay, I Have Some Bad News

Here's the bad news... if a youngster walks into a Martial Arts academy and is physically capable of Martial Arts from day one, the instructor had nothing to do with it—that's genetics.

Some people have the physical predisposition of maintaining a high degree of flexibility, good hand-eye coordination, and overall agility. Listen, God gifted you with that. The bad news for us average Joes is most of us weren't blessed like that. We simply weren't.

But here's the silver lining. I want you to realize that although this may sound like bad news the great news is this...time fixes all.

As you become involved in a physical-minded activity such as the Martial Arts that we teach, time is the great equaliser. Although you might not walk in the class for the first time and do physically well, through a degree of repetition and showing up to class you will start to catch on.

You can't help but enhance your degree of physical athleticism and your ability to perform Martial Arts. So the key is not to place emphasis on one's ability but to place the emphasis on our own understanding of progress.

Do I Have To Be Good At Martial Arts To Get The Benefits Out Of Martial Arts?

Absolutely not! And perhaps what's most upsetting to me is that so many people believe they do, because of bad Martial Arts instructors and academies.

In the grand scheme of things, 10% of an academy's student body is physically gifted, 20% have some real challenges and the other 70% are average everyday children and adults.

Most Martial Arts academies only focus on the 10%. They only want to claim the students who are good. It's almost as though the instructor allows his ego to get in the way and only wants to teach the really physical children. This is very unfortunate for our industry because it misrepresents our true ambition: to help children overcome their challenges and to EMPOWER THEM.

Let me tell you something...whether your child is athletically gifted or not makes no difference and should not make a difference.

© Billy Brown

KEY POINT: There are no first places in a well-run academy. 'First Place' means that you are splitting your attention as an instructor between those who can and those who can't. And our obligation is to serve both needs equally.

What I want you to realize is that my job, my goal as a professional Martial Arts instructor, is to simply provide a forum where, regardless of one's physical abilities, they are granted the opportunity to excel and do well and they are all treated the same.

How Do The Physical Fitness Benefits Provided By Martial Arts Differ From The Physical Education My Child Receives In School?

Well, unfortunately most P.E. or gym classes are one size fits all. It's all based on encouraging children to have fun, the kind of fun where you go 'ha, ha.' There's nothing wrong with that if you are not concerned with long-term health and fitness. However this kind of fun will not keep your child's interest for very long and most children will not look forward to participating in P.E. class in the future.

The Martial Arts are a different kind of fun. It's the kind of fun where you want to go back and have the experience again and again because you **have a sense of**

accomplishment and feel better about yourself.

In the public school system you have coaches or P.E. teachers who are trained to deliver a set curriculum regardless of your child's ability to participate. So some children get left behind or feel inadequate and it lowers their confidence and self-esteem. You remember when nobody wanted to pick those one or two children to be on their team, right?

Well, in a Martial Arts experience, in our academy, it's different!

Based on the physical and emotional maturity of a student, we can provide that student with a level of challenge where if he does his best he will feel a level of accomplishment...and that's what keeps him involved.

It really doesn't matter whether the child has a high degree of coordination or not. When they are put into an environment where everyone is encouraged to do his or her best and there is no judgment passed on how good you are everyone will participate full out.

That is the primary difference in terms of the physical delivery of my Martial Arts program and what happens in P.E. class.

Coming up, I will show you how to take a “test drive” for yourself without spending any money.

But in the meantime, read about how to improve your child’s confidence in secret #4.

**“Don’t Back
Down Just Keep
The Pace.
Standing Up For
Your Beliefs
Builds Self
Confidence.”**

**Secret #4:
Confidence
Cannot Be
Taught!**

THE 5 SECRETS TO RAISING BETTER BEHAVED CHILDREN

Okay, before you panic, listen closely to what I'm about to tell you. Confidence cannot be taught. Well, hold on now, I know you were hoping it could be. But it can't be taught.

Confidence must be learned through experience.

Just because you understand what confidence is doesn't mean you have it. It's not enough to just learn what it is—you actually have to experience it to become it.

So you can't teach it but you can provide a class experience where the child can experience a feeling of confidence.

Listen To This Real Life Encounter I Had With A Dad Who Was Unsure Of His Child's Ability To Succeed

One time I had a conversation with a dad who said, *"I don't think that my child is ready for this next level. I don't think he can do it."* In our academy it's called a graduation where a child goes from one belt color to the next. I said, *"Why is that?"*

“Well he just doesn’t look as though he’s doing as well as the other children,” he said.

Daddy Mistake #1: Stop passing judgment on your child compared to another’s and start placing all your attention on your child’s improvement and see what happens.

But let me get back to my story.

I said, *“Well, what is your biggest concern about your child going to the next rank?”*

And he said these words, *“Well, I don’t want him to have a false sense of confidence.”*

And I said, *“Oh, don’t take offence but allow me to correct you – oh yes you do! What other kind is there?”*

You see, if confidence is only needed when you need it, and the only time confidence needs to be used is when you *“think”* you can do something, Isn’t that a false sense of confidence?

So, bring it on. Give me all the false confidence I need to progress from one level of accomplishment to the next and let me

provide your child with this idea where all they have to do is act and feel confident.

That's what confidence is.

Here's what confidence is NOT: Confidence doesn't mean the lack of nervousness, apprehension, or tension. Confidence means you do something or don't do something in spite of nervousness or apprehension. The way you enhance a youngster's confidence is this; you encourage them to do something they feel a little awkward doing.

In most settings you hear talk about going outside your comfort zone. That's really what they're talking about isn't it—doing something that you normally would not feel comfortable doing?

But to do that all you have to do is think you can. **And thinking “you can” is in fact a degree of self-confidence.**

What we do is allow a child to have the experience of doing this in a safe environment where there's no jeopardy. No one is going to get hurt. No one is going to be physically or emotionally harmed or embarrassed. And as

your child is challenged to exercise this idea of self-confidence, he or she becomes more confident.

Word Lessons vs. World Lessons

There is “*knowing*” something because you read about it, saw it on TV, heard about it and can envision it and understand it. Then there is “*knowing*” something because you experienced it firsthand.

This is the difference between word lessons, the idea of what something is, and world lessons, the experience of that thing which makes the everlasting impression of what it is.

Here’s an example:

I know you have explained to your child the danger, and what might happen to them, if they stick something in the electric socket—right? You probably learned that when you were a kid.

Your parents told you, “Listen this is an electric socket. Whatever happens don’t put

anything in here because you'll get a shock,"
That is a word lesson.

Your parents were trying to get you, a child,
to understand what the consequence would
be. And you said, "Okay mommy, I won't put
anything into the electric socket." But that
type of lesson didn't last very long, did it?

And then what happens?

Curiosity gets the better of you. And you grab
something you can use, slowly pry the cap off
the socket and then insert it in for just one
millisecond but the lesson was learned. You
got shocked!

Now, that is a world lesson.

Now, we can't put our children in danger, so
what we do is we afford the child the
experience of learning the world lesson of
self-confidence by putting them in a safe
environment and having these world lessons
actually take place.

Giving them the experience of doing
something that requires a little confidence
plants the seeds for greater confidence and
that is how a well-structured Martial Arts
program serves a parent.

And that is, in fact, what we do.

“Whether You Think You Can Or Think You Can’t, Either Way, You’re Absolutely Correct.” ~ Henry Ford

In order to think you can, what you have to do is have the experience of going from where you thought you couldn’t to where now you think you can.

When we help a child have that experience in Martial Arts it carries over to every area of his or her life.

Here’s what happens when your children walk into a social setting regardless of what it is... the playground, a new classroom, the cafeteria, or perhaps even your neighborhood. The moment they walk into the setting they begin to identify what they think they can and can’t do within the peer group and based on that they will shuffle.

What I mean by shuffle is this... whether we like to think of it or not it’s pretty simple: children create a pecking order within a matter of moments. And here’s the important

part... when a child walks into a new environment they will gravitate in the direction of children who they perceive are equal to and lesser than them.

Most Problems In Our Society Will Disappear If Parents Get This

Children make decisions about everything based on two things.

- 1. How they feel at that moment*
- 2. How they feel about themselves*

So as children gain a higher degree of confidence through the Martial Arts experience they begin to filter things differently and they even begin to gravitate in the direction of a healthier peer group based on the fact they feel better about themselves.

Let me share something with you... I know there are several great fears that a parent has for their children such as the danger of violence, premature sex, drug experimentation, alcohol, etc.

You know the woes, right? And how do children decide to yield to negative and harmful peer pressure? How do they decide? Well, let me point out it's not a rational decision, it's not logical, they don't measure it, they don't say well 'Mom said this, Dad said that, the teacher said...' Children will make their decision in a matter of moments based on one simple idea—How they feel about themselves at that exact moment.

No child is going to wake up tomorrow and say, "Today I'm going to try drugs or I'm going to get drunk or today after football practice, or after school I'm going to experiment with sex." That's not how they make decisions.

Based on the opportunity, based on the present peer pressure they either say yes or no.

All decisions are based on how they feel about themselves. The way we encourage them to make better decisions is to change how they feel about whom and what they are. **Because just telling them to say yes or no isn't enough.**

MAJOR POINT: As children begin to feel differently about whom they are and the degree of self-confidence and self-esteem they have, they begin to make better decisions. And based on how they feel about themselves, they connect with a group that will accept them.

Very seldom will a child have a high enough degree of self-worth, self-esteem, and confidence to walk up to a peer group that he or she believes is more superior whether its academically, their physical presence, their social status or perhaps their degree of athleticism or proficiency in sports.

What we're able to do through Martial Arts training is to continuously improve their self-concept and they begin to make better selections in all areas of their lives. And that's how we achieve that through the Martial Arts program that we provide in our academy.

Does Every Martial Arts Academy Build This Kind Of Confidence Into Their Student Body?

Not if it's a pass or fail scenario. And in nine out of ten Martial Arts schools that's exactly what they do. Pass or fail...Susie did well, Johnny did badly.

Yes, no. Right, wrong. Left, right. Up, down. Pass or Fail.

Life will naturally serve up success/failure lessons to our children, but in a Martial Arts academy we have to constantly encourage and give our children the ability to deal with these life lessons. Our job is to encourage and never discourage.

“98% of success is just showing up.”

A child is not going to show up for the next class if they're discouraged. Most schools have this pass or fail mentality and discount the children that need help the most. At Progressive, our focus is for every child to succeed.

Of course you want your child to succeed, but perhaps you're worried about risking a lot of money in the process. Not to worry, in a few seconds I will tell you exactly how you can experience this yourself at no charge.

First, check out secret #5.

**“The First Half Of
Our Life Is Spent
Mainly In Finding
Out Who We Are
and Seeing
Ourselves In
Interaction With
Others”**

Secret #5:
How You Interact
With Others
Determines The
Quality Of Your
Life

THE 5 SECRETS TO RAISING BETTER BEHAVED CHILDREN

If you want your child to be more popular and well rounded socially then we need to discuss acceptance. Many people think of acceptance as how someone is looked upon or taken in by a group. But acceptance isn't just whether you are invited into a group but how YOU graciously accept those around you.

If you take it a step further, I think another word we need to use to help us understand how this is accomplished is the word prejudice—which is to prejudge. And what the martial experience does in a good Martial Arts academy is allow the student to realize that they have to leave those prejudices at the door.

We have to be more accepting of the people around us and we have to be more accepting in terms of what we're able and capable of doing at the time. We have to be judgmental in terms of judging how prejudiced we really are.

All children have a predisposition about how they think the world works. And in many cases, it doesn't work as well as the parent would like. Children, based on how they feel about themselves, will automatically decide

whom to bring into to their lives. As a result of this, they begin to make different choices about who to become friends with.

Who you decide to be friends with is quite simple. You decide to become friends with people who are like you.

However, if we measure people based on how similar they are to us, in many cases we'll discount a large number of people who could perhaps improve

the quality of our lives. So the Martial Arts experience in our academy is this: **We're all in this together.**

Regardless of who your child is in class with or who they're asked to interact with—no judgment is passed. Our job is to find the good and overlook the bad. Children are taught everything and what we do in our academy is teach them to feel differently about themselves by not only accepting what they do, but also accepting the differences of others.

Now, that's not to suggest that it's okay to be made to feel bad by the actions of others or to

be the target of a bully. But it does suggest that as you feel better about yourself through this Martial Arts class experience, you begin to behave differently in the real world. And that changes your experience.

You see, as a child's behavior, grades, physical fitness and overall health improve, as his or her self-confidence and self-esteem improve, the child begins to interact with a better group of children.

Improving your children's handle on their physical body and changing their body language allows them to become more powerful communicators by being not just more disciplined, but perhaps demonstrative in how they express themselves physically. This makes their life easier, and makes them stronger and more powerful in all areas of their life.

How To Beat The Bully

Bullies don't randomly pick a child; they select one, and the selection process for a bully deciding to choose a youngster, your child, as a victim is simple. A bully decides whether another child is an easy target based on how that child behaves, acts, interacts, and based on how he or she looks to the bully.

So how one person interacts with another person, or people, determines the quality their life. Listen to this; you're always communicating to others how to treat you.

The social anthropologist Edward T. Hall claims that 60% of all communication is nonverbal. And that only 7% of communication is the words we choose. The rest is our tone and body language. So the real way you communicate with the world around you is through your body language. Body language represents roughly 60% of the communication experience. Just how a student is taught to handle him or herself physically sends an entirely different message to everyone.

Listen parents, I can walk into a classroom and in a matter of moments I can tell you who is and who isn't a bully. I can tell you who does well in school and who doesn't. Understand that our bodies speak so loudly people can't hear a word we're saying.

Do you know how most children learn a language? Most children simply emulate and follow examples that are given to them through the media and television, movies, how the neighbours talk, and what their mom or dad says. Unfortunately, in many cases, that's not going to serve a youngster well in every social situation.

For example, if a kid thinks that the words he or she uses have to be 'hip', that's going to make a different impression than the child who realizes that the words he or she uses are designed to communicate specific ideas.

Today there are so many non-words used. I'm sure you've heard children today use words like "awesome," "cool," "dude," "hey," and "what's sup"—all of which mean nothing.

In our Martial Arts experience we use a disciplined procedure of verbal etiquette for how we interact with each other that gives our students a great model to copy in terms of words, language, and communication.

Teaching voice emulation is important. For example, when a child sees in a class experience how we are commanding the attention of the class by how and what we say to the students, they'll want to copy that.

Why is this so important you ask? It's because the danger is that most children don't see a great example and are copying the likes of actors and rap stars. Children are acting like, sounding like, and even imitating people such as *Eminem* and *50 Cent* and that's not good!

As a child emulates my example, how I physically position myself, how I interact, how I maintain eye contact, and how I graciously shake hands they will copy that. And as a result, they will be perceived differently in all areas of their own life.

Proper Martial Arts training changes everything in terms of how a youngster is perceived.

Think About This...

We talk about the idea of you wanting your child to be more self-assured and more confident in having gained the ability to make better decisions. We all want to have children who are more health-minded, more safety-minded and more able to make sound, educated decisions.

Well, how will we accomplish that with your child?

Just by enrolling a child in our Martial Arts program you solidify the idea within that child's mind that the parent—**you**— actually believes they can do this.

This is very important to understand. By enrolling your child in a Martial Arts program you are telling the child, “Johnny, you’re going to do well at this.”

There is a catch...in order to use Martial Arts as a vehicle to improve all areas of your child's life you have to recognize that the program only works well if it is supported.

As I mentioned earlier, there are 168 hours in a week. My job is to train your child for two/three of those hours. Your job is to compliment our training for the other 166 hours by encouraging your youngster, by reminding him/her of the lessons that they learned in class, by reiterating to them that a future black belt leader isn't someone who waits until the last minute to do what they are told. A future black belt leader is somebody that says 'yes ma'am' or 'yes sir' the first time they're asked to do something.

By providing a Martial Arts experience for your child and then complementing what the instructor has done on the practice floor during the rest of the week, you will actually help increase the impact that the program has on your child.

Not all Martial Arts Schools are equal. The difference between one Martial Arts academy and another is not what they teach. They all teach Martial Arts. The difference is how they teach it. Whatever an instructor decides to teach is what they teach, I call that the content.

Now we know there are many different systems of Martial Arts out there. However, it all boils down to one thing: **how** you teach what you teach. That's called the **context**. I want you to realize that although all schools appreciate what content they would like to deliver, they are unequal in their ability to actually teach the material and that's the context.

Unfortunately, most Martial Arts instructors worldwide are enamoured with themselves and copy the latest craze or fad in the Martial Arts industry, which has nothing to do with the real world.

For example, if you walk into a Martial Arts academy and the instructor is wearing a colorful uniform and a fad haircut and three or four earrings in their left ear like a professional football player, he's not a leader—he's a follower.

He's emulating someone.

If I walk into my academy with a shaved head, within a week four or five children will have shaved their head.

Why? I am a leader. The children are going to copy my example. That's why I make sure that my example is one that impresses a parent, or at least I try too! LOL

IMPORTANT POINT: The instructor's job is not to be the student's friend. Their job is to train their students in the Martial Arts, not entertain them with silly games and a casual atmosphere. It is the obligation of a professional instructor to provide an example to emulate. In order to do that you have to project a level of accomplishment above and beyond what the average person has accomplished in their life.

So, to provide a good Martial Arts experience that anyone, child or adult, can use to gain a higher degree of accomplishment, the first thing that you have to look for is how professional this academy and the instructor looks.

THE 5 SECRETS TO RAISING BETTER BEHAVED CHILDREN



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The 6 Things You Should Look For Before Choosing A Martial Arts Academy

THE 5 SECRETS TO RAISING BETTER BEHAVED CHILDREN

1. Is there a high degree of emphasis placed on competition? If you walk into an academy with a bunch of trophies in the window—**Run Out!** You see the Martial Arts should be about creating a win-win relationship and developing your child's character. There is a big difference between a little bit of healthy competition to improve your own efforts than focusing on beating someone else's. If you walk into an academy that talks about developing physical champions who win tournaments run for the hills because they are only focused on physical accomplishment and not the expansion of emotional or intellectual improvement and maturity for all ages. **Try somewhere else.**
2. Martial Artists should hold themselves to a higher level of respect. If the instructor of the school begins to speak badly of other schools in your area then you know you are in the wrong place for you and your child. There will always be good and bad in every industry, the good ones know who they are and they do not need to try and help

their cause by tearing down other school owners. The bad ones well, enough said.

3. Next, how about the instructors themselves—Do they walk their talk? How do they look? How active are they in the community? Did they show a level of respect that you would be proud for your child to emulate? Is there any doubt as to whether or not the instructor represents a degree of success you would like to personally have? If it's less than yours, and what you want for your children, leave. If the Martial Arts instructor doesn't look as though he or she has it "together" don't even engage in a conversation. However, if they do look as though they represent a higher degree of value for their lives in terms of what they are willing to do for themselves and others, well, you've obviously walked into the right academy.

4. The floor, when I use the term floor I'm talking about the class experience. Here's another telling sign of the degree of professionalism in the Martial Arts academy—If the instructor can't gain the compliance of a class simply and effortlessly then there is a problem. Their job is to teach class. Their job is to gain the active attention of each and every child in the Academy, and by doing so they will lead by example.
5. Do they offer some kind of 'Risk Free Trial' or better still a 'Guarantee'? If you are in a good school that prides itself on it's reputation and it's service they will happily give you a guarantee on their service and products.
6. If they charge for your Martial Arts on a 'per session' basis. This can mean one of only two things, firstly they aren't intending on being around for long or secondly this is just a 'hobby' for them. Remember we are talking about introducing an adult into your child's life that can potentially have a massive effect on their future. *Don't leave this to the amateurs* – look for those who are

professional, and charge a professional fee after all we are talking about making an investment in your child's Life and Future.

Here's What You Need To Do Next

Sometimes we spend so much time doing our best to research before we make a decision, in fear of making the wrong decision, that we never make the right decision.

The next step is simply this. Walk into our **Progressive Martial Arts** Academy and measure how graciously you are received and what steps are taken to gain your support and consider our Martial Arts program.

This step is simple. The step is simply walking through the threshold of our academy with your child in tow and asking this simple question... "Can you help my child?" "Can you help my child improve whatever it is I want for him or her?" And in most cases the improvement you want is simply a degree of measured change in some level of behavior and help to give your child an EDGE on Life.

Simply walk in! Listen, we know that when a parent first walks into the academy sometimes they are a little nervous and apprehensive. Why? It's a new experience. I assure you it will be unlike any experience you have had before, it's completely positive. I learned long ago that no one cares what you know until they know how much you care. We care about you and your child. If we didn't, we would not be here!

What we are talking about experiencing is my children's program. A systematic means of improving children...physically, emotionally, and intellectually...a program that has survived and has an amazing track record in developing Highly Motivated and Confident, Well Skilled Disciplined Leaders.

So, your first visit will give you a chance to see how we will create a connection, a relationship with you—the parent and the most important person in your life, your child.

So, call us now and set up this special meeting. Remember though, relationships are not developed over phone or email, so we would love to meet you and your family!

THE 5 SECRETS TO RAISING BETTER BEHAVED CHILDREN

Here's The Offer I'm Willing To Make You

I guess to make this even easier perhaps we need to remove all risk. So this is my recommendation. Come in and take advantage of a no obligation, no cost, "Child Success Analysis" with me. We'll discuss your child and how we can help you achieve your goals. Use the gift card I have provided for two introductory lessons. They will not cost you a penny.

So here's the offer: Risk Free, No Obligation, "Child Success Analysis and V.I.P. Pass." You get two Introductory Lessons on me with the gift card I've provided and a free uniform as well as a sign on bonus if you decide we can help your child improve all areas of their lives.

To claim your "Child Success Analysis" and your Two Free Trial Lessons and the V.I.P. Pass call me personally right now to schedule a time.

Don't delay. Give me a chance to personally help you and your child overcome the challenges that are keeping him or her from true success in all areas of life.

Please call:

615-848-4492

To Learn More About Us and Our Mission You Can Also Visit Our Website. Be Prepared To Spend A lot Of Time There As We Have Tons Of Great Info There!!

www.EMPOWERUSA.net

