



Junior - Beginner
Message of the Week
SELF-CONTROL: BODY OVER EMOTION

This cycle we are discussing strategies that will help develop Self-Control. Having self-control means to control your emotions and actions. It is important to have self-control because good self-control = a good life. Bad self-control = a bad life. Our goal is to teach you practical ways of handling your emotions so you stay in control. Some examples of having good self-control are controlling your temper, sitting with your legs crossed and posture straight, staying focused on your teacher.

This week we are going to talk about what we can do with our body, when we become angry or afraid, to make us feel better. Have you ever gotten mad at your mom, dad, sister, brother, or friend and said or did something you regretted later on? We all have. Chances are, when we get angry we let our emotions get the best of us. Remember, there are two things a Martial Artist never does when they are angry. They never speak out of anger and they never strike out of anger. Repeat this to yourself, "Never speak out of anger and never strike out of anger."

Here are some strategies for what can we do the next time we get angry to keep ourselves from doing something we will regret later. First, when someone is angry their body usually shows it—their shoulders are shrugged, their head is forward, and they are scowling. When someone is angry they usually breathe in quick, shallow breaths. Now let's review how someone stands when they are calm and confident. They usually hold their shoulders back, their head up, and they have a slight smile on their face.

Next time you find yourself angry, bring your shoulders back, lift your chin up, smile, and take ten long, slow, deep breaths while saying "Relax" to yourself. It is almost impossible to stay mad when you stand and breathe this way.

This week practice going from mad to calm by changing the way you stand, holding your body, and how you are breathing.

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