

# Junior 'Warrior' Programme

## Introduction

Student name;

Training venue;

In this first quarter, I would like to explain to you exactly what the 'Junior Warrior Programme' is designed to do. Firstly these are all tasks to help you become a stronger, more confident, polite young person.

Now, you may already be strong, confident and very polite but there is nothing wrong with looking at a few ideas that may help you. Who knows, if you give really excellent answers to these tasks, maybe I will include some of your ideas in future tasks so that others can learn from you.

**We will be covering tasks like; building confidence, being polite, being helpful, showing respect, eating and drinking healthily, staying focussed, never giving up, being creative, getting stuck in and being brave.**

I hope your parents will get involved with these little projects and help you to do well. I have tried my best to cover stuff that you probably won't learn at school because you will already be doing that, at school.

In these tasks there may not be a single correct answer, often all I am trying to do is get you to think about something and then make a good decision about how you could deal with that subject if you ever need to.

I am a big fan of making decisions BEFORE you need to, especially they are difficult or stressful.

This is all designed to be fun as well as character building for you so please don't ever get stressed about a task. If you are confused ask your parents or me, I will do everything I can to help. If you don't see me regularly then email me ([masterinstructor@blackbelt4sure.com](mailto:masterinstructor@blackbelt4sure.com)).

This first 'project' is to help you to understand what the 'Junior Warrior' programme is all about. There will never be any 'trick' questions in any of the tasks. Enjoy yourself and have fun.



## Junior Warrior Introductory Tasks.

### Month 1

Your task for this month is to answer the questions below so that I know you understand what the 'Warrior programme' is trying to do.

I need to know that you understand that working on yourself is your choice and your responsibility.

You will need to answer these questions on a separate piece of paper.

1. Can you write a few sentences about what you think that the 'Warrior Programme' will help you to achieve in your life please.
2. Looking at all the different subjects that we will be covering, which ones seem to be most challenging to you and why?
3. Which one of the tasks listed do you think will be easiest for you and why?
4. Do I expect you to take every idea that I explain to you and use it without thinking about it, or do I expect you to read it, take time to understand it, chat about it with your parents, decide whether it may be helpful to you and then, if it may be helpful to you, to try using it in your life? Why is this true?
5. If you or your parents disagree with my ideas, is that bad or is that just a difference of opinion?
6. Is it ok to have differences of opinion with people without it causing problems? Why do you think this?
7. If you complete a task and it turns out that you don't agree with my ideas, does that mean that you won't pass that task? Why is this true?
8. Many of the tasks in the programme will ask you to try behaving (or not behaving) in certain ways. Sometimes this will take practice. If I asked you to practice NOT losing your temper and you found this difficult, what might you try doing?
9. Lastly, if you are struggling with a task and you want to do a good job, do you know how to email me to ask for help?



## Month 2 tasks

We are going to set some 'goals' things that you want to achieve. We will keep them very simple to begin with.

There are rules to setting goals, they must be;

Personal - goals need to be about YOU, not anyone else.

Positive - say what you want, not what you don't want. EG "I **don't want** to be a grumpy person" is not a good goal.

Present - a goal needs to be written down as though it has already happened otherwise it is just a wish.

For this month I want you to set between 3 to 6 goals for yourself. These goals can be things that you will make happen in the next year.

I will give you one example then you need to do them yourself. Just remember the 3 rules. I'm sure your parents will help you with this.

my example.

It is June 2012 and I have just completed 50 pushups without stopping and bending my arms to 90 degrees on every single one.

## Month 3 task.

For this last month of the introduction, I would like you to make a list of every single success that you can remember having in your life so far.

I want you to include things like; learning to read, to walk, to ride a bike etc.

Don't leave anything out, it ALL counts. Get your parents to help you with this and then you or they can just write a short sentence to say when it was and how you (or they) felt about it.