

5280 Karate Academy Foundation - 2023 January Lakewood

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------|------------------|------------------|------------------|------------------|--------|-------------------|
| Orientation/Li' Ninjas | 4:00pm - 4:45pm | 6:15pm - 7:00 pm | 5:30pm - 6:15pm | 4:00pm -4:45pm | | 10:00am - 10:45am |
| Level 1 | 4:45pm - 5:30pm | 5:30pm - 6:15pm | 4:45pm - 5:30pm | 4:45pm - 5:30pm | | 10:45am - 11:30am |
| Level 2 | 5:30pm - 6:15pm | 4:45pm - 5:30pm | 4:00pm - 4:45pm | | | 11:30am - 12:15pm |
| Level 3 | 5:30pm - 6:15pm | 4:00pm - 4:45pm | 4:00pm - 4:45pm | | | 11:30am - 12:15pm |
| Black Belts | 6:15pm - 7:00 pm | 4:00pm - 4:45pm | 6:15pm - 7:00 pm | | | |
| 2nd Degrees & Above | | | | | | 1:00pm - 2:00pm |
| Sparring | | | | 6:15pm - 7:15 pm | | 12:15pm - 1:00pm |
| Leadership (All Levels) | | | | 5:30pm - 6:15pm | | |
| Zumba - Kim Mackintosh | | | 7:00pm - 8:00pm | | | |

1. Positive Self-Confidence

As a winning black belt, I know who I am and where I am going. I have an overall attitude of personal optimism and enthusiasm. I effect my environment rather than letting my environment effect me. As a black belt, I have the ability to be happy and to function in the world while showing appropriate conduct and good manners.

2. Positive Commitment

As a winning black belt, I have the ability to accomplish anything I am willing to work to achieve. I am winner because I have high expectations of myself and I work to achieve those outcomes. I commit to my dreams and I know I must work diligently and tirelessly to achieve them. I will rise above the crowds and achieve great heights.

3. Positive Personal Responsibility

As a winning black belt, I accept 100% responsibility for my own actions and the outcomes in my own life. I do not "externalize" my failures; instead I take full responsibility for the outcomes in my own performance and results. Responsibility also means making decisions based upon my own moral compass, not the tides and whims of those around me.

4. Positive Personal Honesty

As a winning black belt, I understand that honesty is more than simply avoiding lies. it includes a belief in the pursuit of the truth. Events will not alter my understanding of right or wrong or of truth and fallacy. As a winning black belt, I understand that in order to have healthy relationships with other people, honesty must be present.

5. Positive Respect & Self Control

As a winning black belt, I understand that respect represents a sincere appreciation of the values and the rights of other people. I understand that in order to respect others, I must respect myself by avoiding habits and behaviors that are unhealthy or destructive. I must control my physical and mental state so that I will have the ability to maintain a relaxed alertness, thereby maximizing my ability to respond quickly and appropriately in any situation.

6. Positive Success

As a winning black belt, I dwell on the rewards of success, not on the penalties of failure. I understand that life is a self-fulfilling prophecy - I will get what I actively expect over the long run. Whatever I can do, or dream I can... I will begin it. Boldness has genius, power and magic in it. Do or do not, there is no try... I will not be intimidated by the negative reactions of other - nor will I become mired in mediocrity.

7. Positive Visualization

As a winning black belt, I practice, mentally rehearse and visualize the successful outcomes of my activities. My mind cannot tell the difference between what is real and what is vividly imagined. I preplay and replay my performances in my mind to anchor success and minimize failure. Positive self-motivation arrives through visualizing my desires while limiting my fears.

8. Positive Motivation

As a winning black belt, I understand that motivation comes from focusing on the long-term results I desire, not the daily disappointments and struggles I might encounter. I will always move in there direction of my current dominant thoughts. I control my 'inner dialogue'. creating a supportive conversation within myself. This supportive inner dialogue will nurture my goals and my energies.