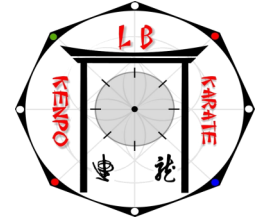


LB School of Self Defense

Volume 11, Issue 3

April Newsletter

Self discipline is doing something even if you hate it or don't feel like doing it.



Black Belt Homework of the Month: Self Discipline

Self-discipline brings rewards

Dr. Cordelia Fine suggests that willpower is a "moral muscle that you use to strengthen your self discipline. But the more you use this "moral muscle" the more tired it will be. Which explains why after a long day you are more likely to snap at your children.

The way to combat "moral muscle" fatigue is to build it up and make it strong. "Evidence is starting to accumulate that the moral muscle, like its physical counterpart, becomes stronger from regular exercise."

But how do you help build your child's "moral muscle"? The key is to start early in life. Here are three things that you can teach your child that will help your child strengthen their "moral muscle" and achieve self-discipline.

Self-discipline takes work. Everything in life takes work. Teaching our children to work and achieve is important.

Self-discipline is a choice. At an early age teach your child that they choose their actions. This empowers them and gives them self-confidence in their own abilities and choices.

Self-discipline brings rewards. Often self-discipline is seen as self-deprivation. But self-discipline actually brings many rewards. Work hard for a test and receive and A. Practice your Karate and move to your next belt.

April Calendar

April 9th

Tulip Time in Belle Plain
Parade at 12:00 and Demo team on the stage!!

April 16th

Classes with Mr. Herman!
10:30 — Juniors
11:15 — Adults

April 24th

HAPPY EASTER!

April 25th

Dojo is closed!

April 28th

Tip testing in classes

April 30th

Weapons Seminar!!

Student of the Month

Kenton Schroeder!

Kenton is such a strong, positive young man! We want to salute his dedication to the art of Kenpo, to his instructors and to himself most of all!

Congratulations! Keep up the great work!

Birthdays this Month



Chloe Zavala

April 12th

Curtis lyne

April 20th

Message to Students

"He who conquers himself is the mightiest warrior."

Confucius (BC 551-BC 479)

Chinese philosopher