

Competition

A contest in which a winner is selected from among two or more entrants.



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This month our weekly lessons will cover:

Dear Parents and/or Guardians,

This month our weekly lessons will be about Competition.

How Can You Help?

Since we are looking at competition in a couple of ways you can help this month by talking with your children about healthy competition.

In the martial arts world, competition usually occurs in tournaments when one opponent is put up against another or when a single person is competing with a group of their peers in the same type of category.

In the martial art school, competition occurs within students when they work harder to move to the next level and get another belt.

Regardless of the type of competition, you can still lose. We want to instill in the students that losing may not always be a bad thing. True, it is lousy to lose, but losing at times makes a person try even harder and we want to show the students that sometimes losing shows the other person is better in martial arts than they are, for now. This may push the student into working harder to win the next time. It is important to instill good values in your children to allow them to be disappointed if they do not always win but to also be gracious and congratulate the other person who does. As a side note, this may seem obvious to many but not to all – we must be careful of how we use our words and when speaking of competition (not winning) we are not LOSERS. “Losing is an event, NOT a person” and we cannot lose sight of that. Never allow your child or yourself for that matter, to forget this. Our job regarding competition is to build self-esteem and self-confidence, not diminish it.

Week One:

“A competitor will find a way to win. Competitors take bad breaks and use them to drive themselves just that much harder. Quitters take bad breaks and use them as reasons to give up. It’s all a matter of pride.”

– Nancy Lopez

Week Two:

“With competition everyone has to try harder.”

– Harold H. Greene

Week Three:

“I love competition and really going for it and doing my best, but losing isn’t really upsetting to me. I feel like if I do lose, the other person really deserved it.”

– Corbin Bleu

Week Four:

“It is not your opponent, but your weaknesses that hurts you most.”

– Apoorve Dubey