



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

COMPETITION

This month, we are going to talk about competition. Competition can be between two people, a group of people or you can actually compete with yourself. When you enter a tournament you are in a competition and you will compete against other people. When you are competing to get a new belt you can be competing with yourself. You want to do better and push yourself harder to get to the next level. There will be times when you will not win. If this is the case, you want to work harder and find out what the other person did better so you can work

on it. If it is a matter of not getting your new belt you need to ask yourself if you practiced hard enough. If not, you know now that you may have to work a bit harder for the next test.

Ask your students:

1. What are some other ways you compete?
2. How do you feel if you lose?
3. Does losing make you work harder to try better the next time?



WEEK TWO

“ With competition everyone has to try harder. ”

~ Harold H. Greene

COMPETITION

If you want to compete with another person then you have to do everything in your power to be better. In martial arts you can have fun with competition and see how well you do against your peers in a tournament. Competition can be a good thing since it will make us work harder and do our best if we want to be the winner. If you are in a spelling bee at school or a debate, competition is going on between you and the other contestants.

Everyone wants to win but there can only be one team or person that does win. So, competition can also motivate us to do the best that we can.

Ask your students:

1. What does competition mean to you?
2. Do you like to compete with others?
3. What is your favorite competition?



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

COMPETITION

We are not always going to be the best at everything. We need to understand there are things we will do well, but there may be someone else who can do these same things better. If this is the case with your competitor, we have to understand that sometimes we will be matched up with someone who can do things better than us. We need to be okay with this. If we want we can certainly work harder to get better, but sometimes we can only do so much and just can't be as good as the next person in a certain situation. When this happens we have to admire the other

person and congratulate him or her for their expertise. This is called good sportsmanship, something every competitor should have.

Ask your students:

1. Who can do something better than you and what is it that they can do better?
2. Does it bother you that you can't be good at everything, why or why not?
3. If you are the person who is the best, how does that make you feel?



WEEK FOUR

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

~ Apoorve Dubey

COMPETITION

It is important to know how we react to winning and losing. We will not always win and we will not always lose, but how we feel about either one makes all the difference in the world in how we think. If we compete against someone else, we have probably worked hard on gaining the skill to be the best and believe that we can win. But if our opponent is the person who is more skilled and beats us, we need to react in a respectful manner. If we get angry, frustrated, and possibly have a meltdown we are probably hurting ourselves much harder than that loss. The way we think about something can

motivate us to do better or get mad and quit. But remember you may be the winner at times. When you are it is okay to feel good, know you earned it from practice and give yourself a pat on the back.

Ask your students:

1. If you lost a competition would you quit or try again?
2. How would you celebrate if you were the winner?
3. Do you like being the center of attention?