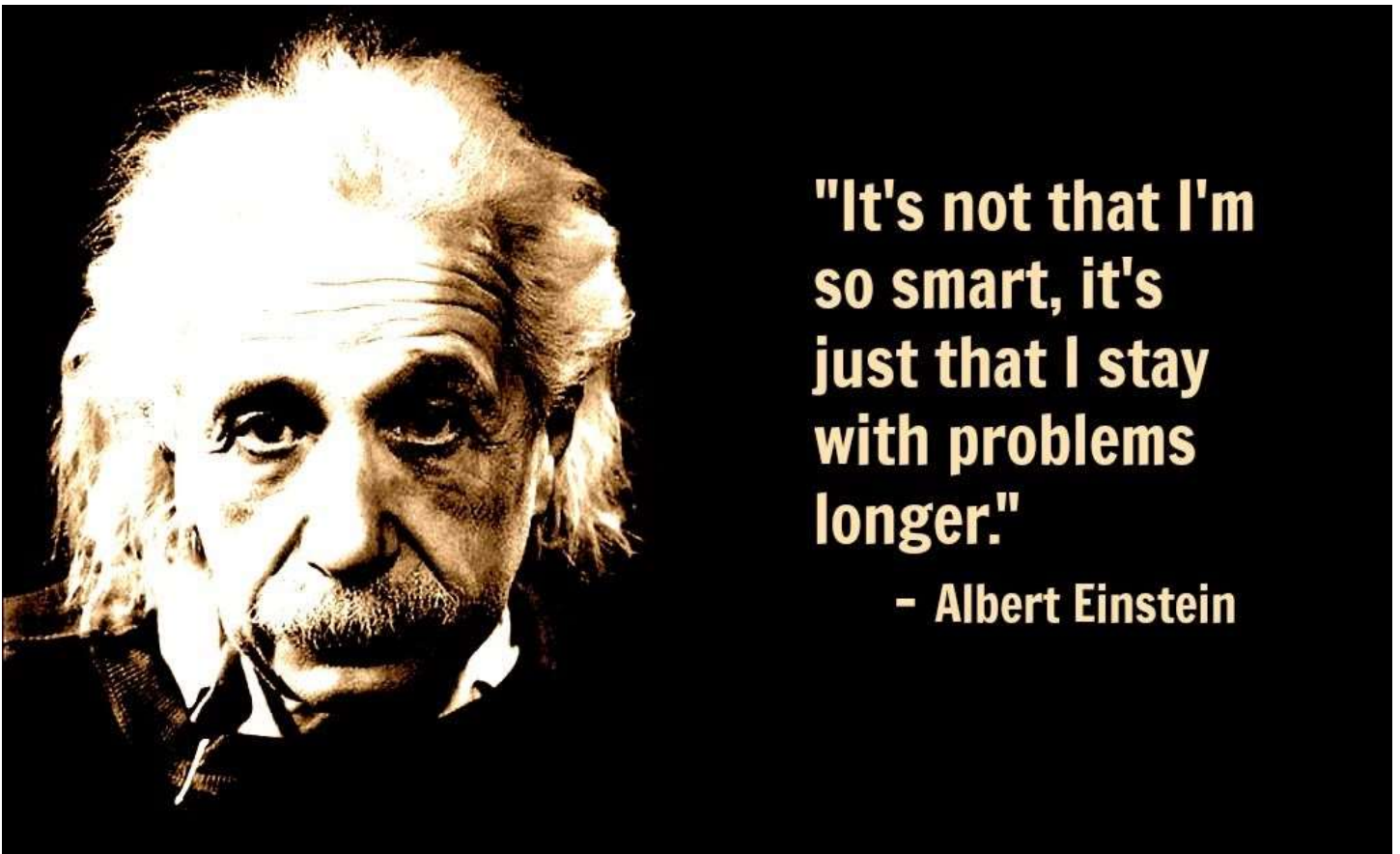
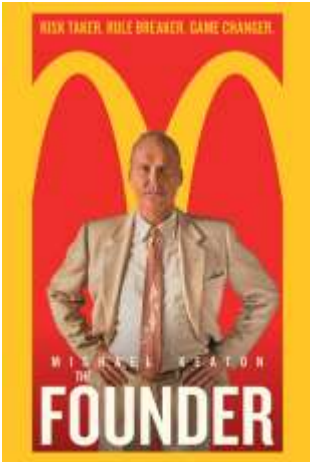


How to raise your child to be the next Einstein, President or Pro Athlete



1st Teach them **Effort**: a vigorous or determined attempt,
And **Perseverance**: persistence in doing something despite difficulty or delay in achieving success.

In the movie "The Founder" which chronicles the raise of McDonalds, Michael Keaton is listening to a self-help record....here is the speech, listen carefully....



"Persistence, nothing in the world can take the place of it.

Talent won't, nothing is more common than unsuccessful men with talent.

Genius won't, unrewarded genius is practically a cliché.

Education won't, the world is full of educated fools.

Persistence and determination alone are ALL powerful."

He also repeats these lines at the end of the movie.

These words bookend the whole movie about the largest food chain on earth.

Did you know???

That QB Tom Brady was selected with pick 199, in the sixth round of the 2000 draft???

He ran a ridiculously slow 5.28 40-yard dash and only managed a 24.5" vertical leap.

This is what they said about him then....."*Poor build, Skinny, Lacks great physical stature and strength, Lacks mobility and ability to avoid the rush, Lacks a really strong arm, Can't drive the*

ball downfield, Does not throw a really tight spiral and Gets knocked down easily."



What do you think would have happened if He had given up???

Pain & Discouragement are Temporary, Quitting last FOREVER!!!

Here are a few more quotes to consider...

"The ONLY guarantee for failure is to STOP trying." – John C. Maxwell. American author, speaker, and pastor who has written many books.



"Great works are performed NOT by strength but by PERSEVERANCE." – Samuel Johnson an English writer who made lasting contributions to English literature as a poet, playwright, essayist, moralist, critic, biographer, editor and lexicographer.



"Quitters never win and winners never quit." – Vince Lombardi One of the greatest football coaches ever to live. The Vince Lombardi Trophy is the trophy awarded each year to the winning team of the National Football League's championship game, the Super Bowl. The trophy is named in honor of NFL coach Vince Lombardi, who led the Green Bay Packers to victories in the first two Super Bowl games.



The one thing in common with all of the above is that they were **All** at the top of their field, as well as famous.

There is no debating this, children that are taught to NEVER give up and persevere, ALWAYS become successful adults,

PERIOD.



WARNING: Allowing a child to quit an activity creates a **QUIT TRIGGER** inside of them.

This trigger goes off any time something becomes challenging.

They will then quit ALL other things, including school.

Because that's what they've been taught to do!!!



Walk with the wise and become wise;
associate with fools and get in trouble.
– Proverbs 13:20

StudentDevos.com

2nd Watch who they are friends with



Because they will become just like them.

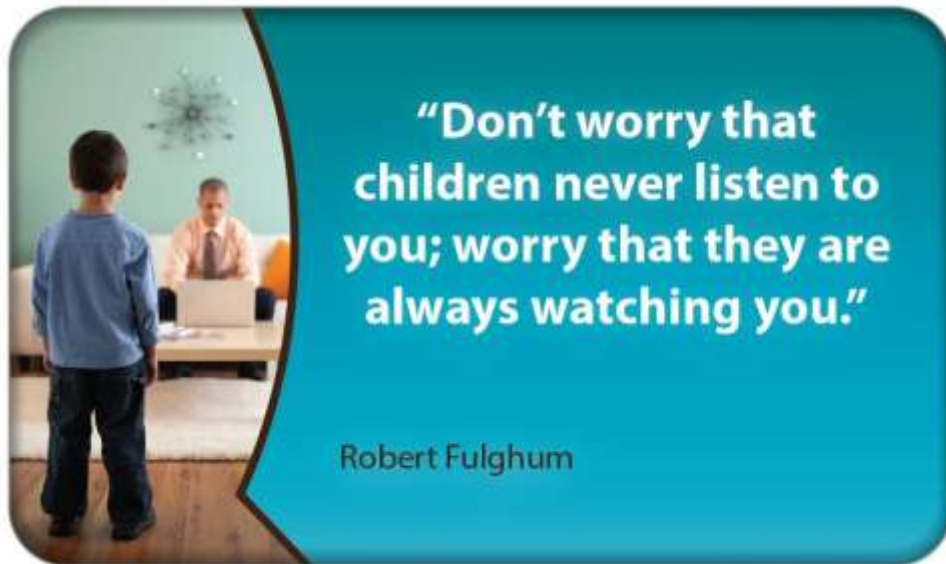
Countless studies have been done on this time and time again, you are who you associate with.

"You are the average of the 5 people you spend the most time with." Jim Rohn, Motivational Speaker

On Facebook there is a page called **8Fact**. It states that recent studies show that there is a part of the brain that forces you to imitate who you are with, even to the way they walk. I realize this might be hard for some, but rewards are well worth it. So you see you child's behavior going south, then do everything possible to change his circle of friends.

Teaching kids for over 45 years, that's 5 days a week 52 weeks a year, I never have seen this fail.

OHHH one last thing, are **YOU** what you want your child to be??



Ya know the old saying "***The acorn doesn't fall far from the tree.***"

IT'S TRUE!!!

You are part of the circle they see EVERYDAY, so be what you want them to be.

This gives an alternate meaning to the verse in the bible, "***And a little child shall lead them***" - Isaiah 11:6



3rd Let them learn of God

I know we all have to go our own way on this topic, but let me explain.

Over the 45 years of teaching, I have discovered that the children who learn about God seem to always become good and successful.

While the ones that don't seem to get into trouble, or worse.

When I was a boy my parents made me go to church and catechism. This made me aware of a higher power watching over me, as well as judging me.

So even when I did something bad and my parents didn't find out, I was worried I was in trouble with God.

It kept me in check.



I think we all agree that the 10 commandments are good teachings for a happy and moral life, *you can't condemn the last 6.*

When I teach my classes I make sure they know and obey the 5th & the 9th at ALL times

This is of all importance for being a Black Belt.

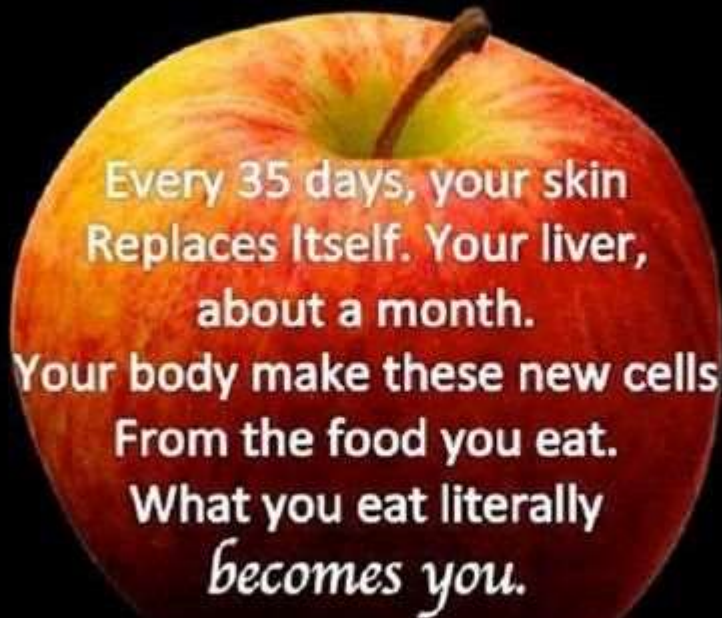
Speaking of the 10 commandments, read from a teacher

what has happened to our youth since they have been taken out of our schools.

Click below to read

https://www.chapelhillmc.com/content.cfm?id=311&blog_id=71

You are what you eat



Every 35 days, your skin
Replaces Itself. Your liver,
about a month.
Your body make these new cells
From the food you eat.
What you eat literally
becomes you.

You have a choice in what you're made of.

4th Watch what they eat

I'm sure you now about this one.

But did you know that food also plays a big part of their mental health???

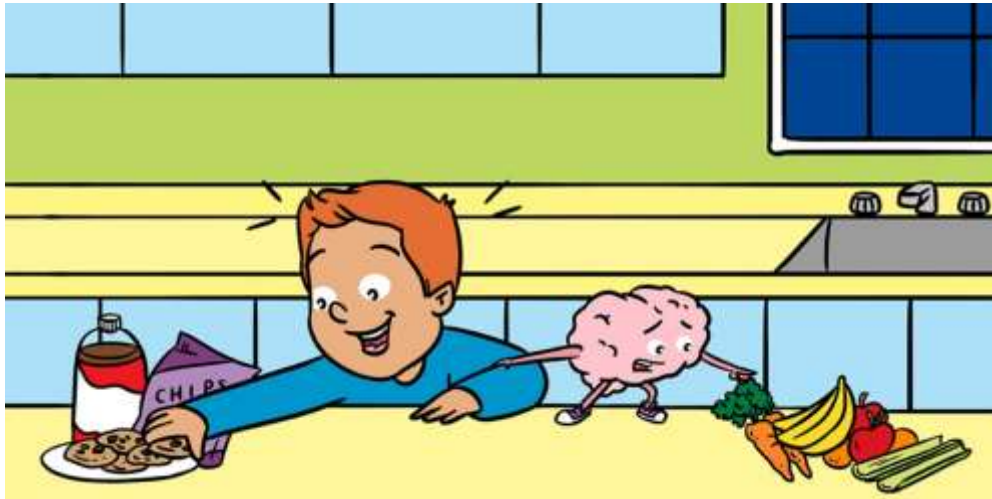
If you watch the movie "*Super-Size Me*," you'll see a group of very violent kids that are put in a detention facility.

They are ONLY allowed to eat organic fruits and vegetables, as well as drink distilled water.

The outcome??? Within 6 weeks the violent kids become gentler, stop fighting and start getting higher grades in class.

That's because there are harsh toxins in the processed food that lodge in the fat of the body.

AND do you know **what organ is more than 60% FAT????**



THE BRAIN

That's right!!!
Processed food
can effect
everyone's
mental health.

Here's my rule I teach when it comes to food...

"If man made it, don't eat it."

This of course does not mean some treats now and then for holidays and birthday parties.

Monitor your child's food and watch him grow smarter and healthier.



**The Golden Rule:
Treat others the
way YOU want to be
treated.**

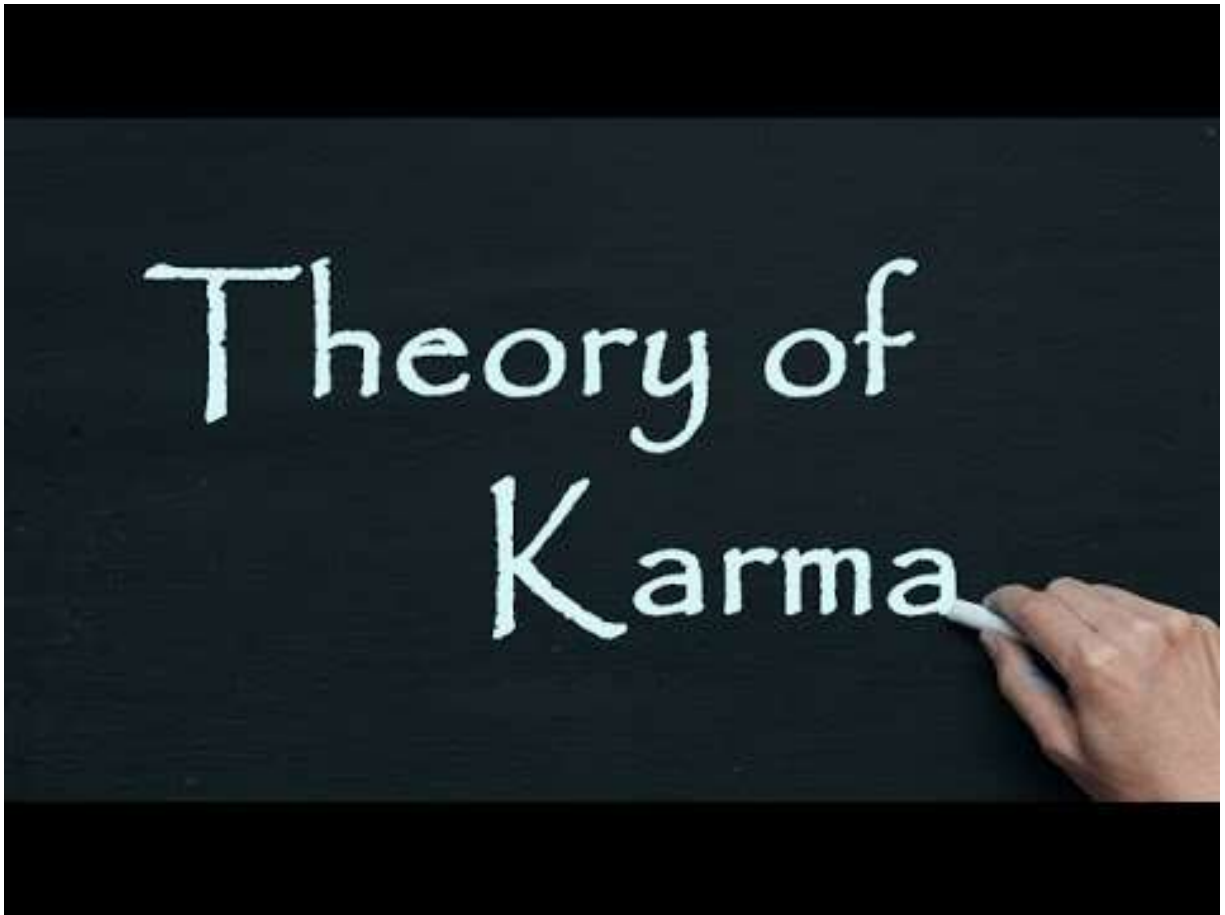
www.boiteandcarnot.com

5th Let them learn the Golden Rule

This is a staple of my teachings. I make sure I talk about this in EVERY class.

This applies to parents and siblings as well.

If they obey this ONE rule, life will be a whole lot better....for everyone.



6th They need to learn Karma

The theory of karma holds that: (1) executed actions of an individual affects the individual and the life he or she lives,

And (2) the intentions of an individual affects the individual and the life he or she lives.

That's the Wikipedia definition, simple put...

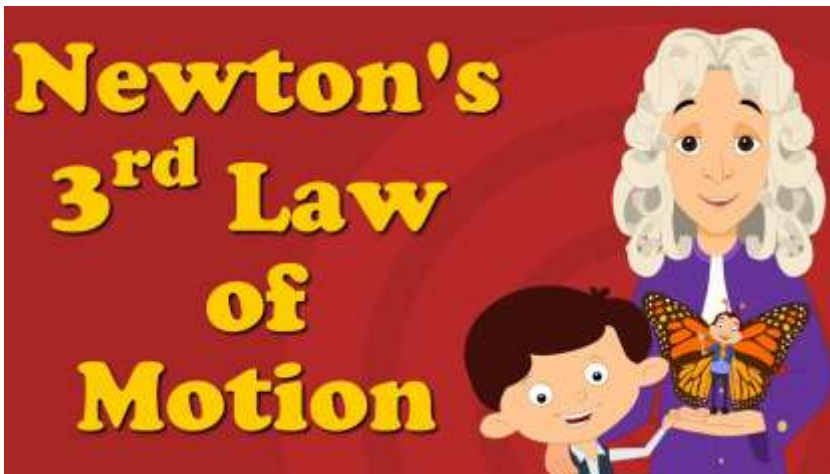
Whatever you do, will happen to YOU!!!

If you do bad, then bad comes back to you. If you do good then good comes back as well.

There are some exceptions to this, but this is generally the case.

This law goes hand and hand with the Golden Rule as well.

This rule is also in physics.

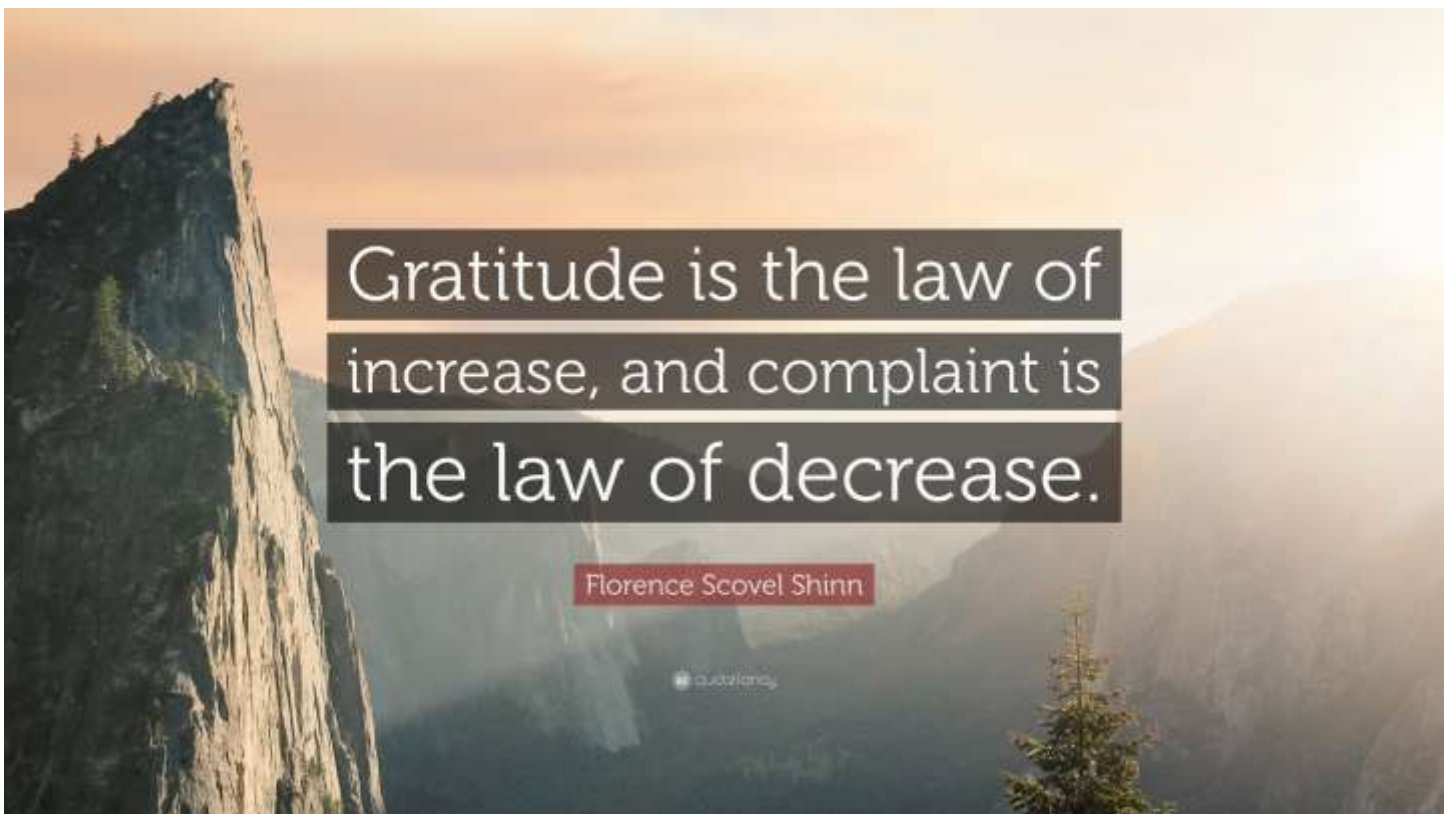


Newton's 3rd law states...

***For every action,
there is an equal
and opposite
reaction.***

Karma may be a spiritual rule, but the laws of physics prove it to be true.

7th Law of Gratitude



Gratitude is an energy that can change your life

Teach them to be grateful for what they get and have.

Gratitude leads to greatness. It can literally turn what you have into more than enough, jobs into joy, chaos into order, uncertainty into clarity, and bring peace to an otherwise chaotic day.

The easiest way to make your blessings count, is to count your blessings.

Acknowledging the good things you already have in your life is of the essence, because whatever you appreciate and give thanks for will grow stronger AND more abundant in your life.

Be grateful for what you have, and you'll end up having more.

It has been said that the highest form of prayer is giving thanks. Instead of praying '**for**' things, give thanks for what you already have.

Tell me, how do you feel when you give or do something for someone and when done.....the freak out with happiness and thankfulness??

You feel good don't Ya??? Bet you'll want to do it again???

And that's because they were grateful.

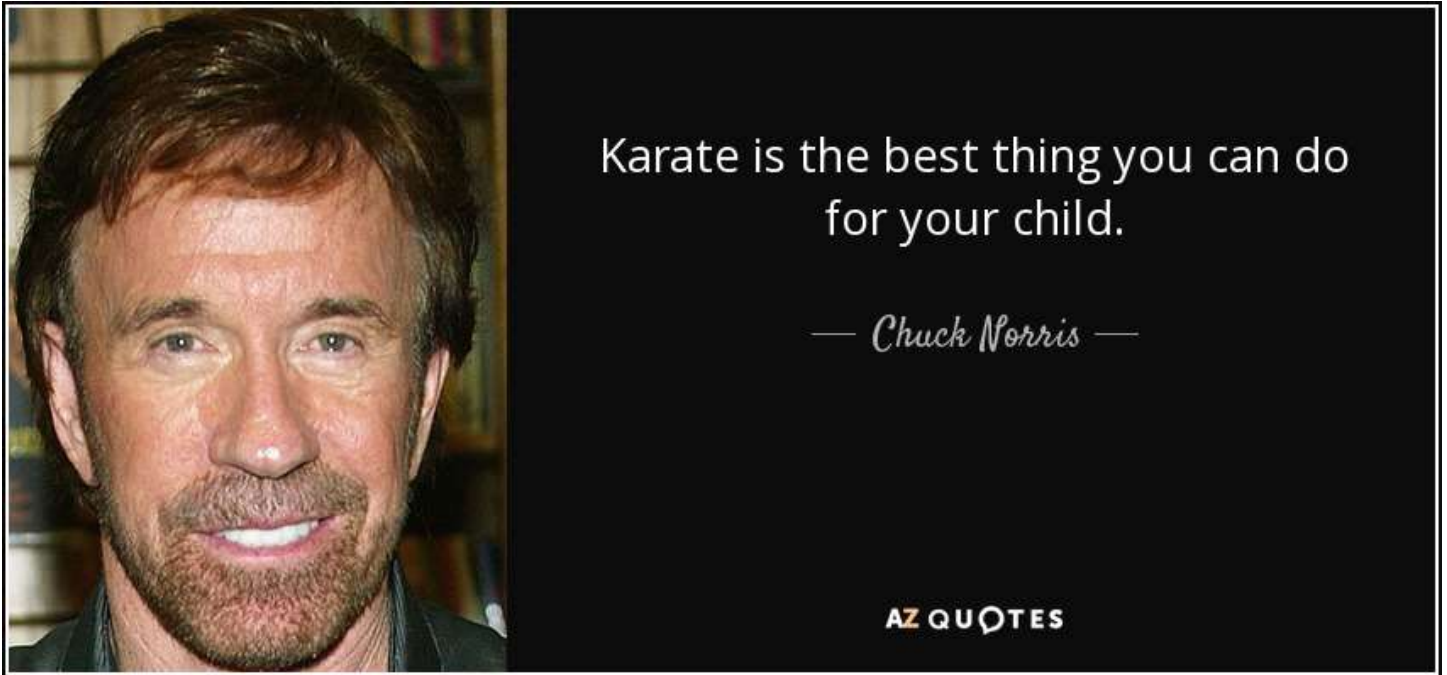
NOW flip this over, say they hated what you did. Or at least didn't thank you with any emotion.....I'll bet you won't want to do this person any more favors.

Now that you can feel how gratefulness works on YOU.....you can see how it works for everyone else.

"Gratitude is not only the greatest of ALL virtues, but the parent of all others." - Marcus Tullius Cicero, Roman statesman, lawyer, scholar, philosopher

Two words, with emotion can change the course of a person's whole life for the better and give them more.

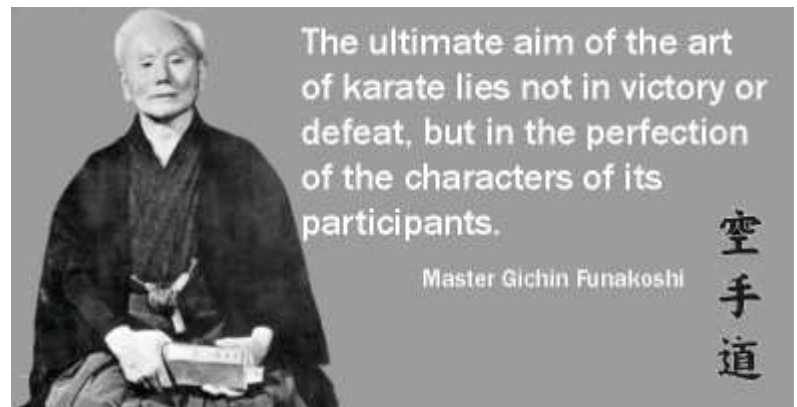
Those two words are....**Thank you!!!**



8th Martial Arts Training

Consider a GOOD martial arts school. One that teaches perfection of character not just fighting.

Some schools just focus on the fighting aspect and little on character development.



There are a lot of bad school's out there, so do the homework on this.

Now I could write a book on this subject....but let this letter say it all...

"Activities and Sports such as Hockey, Baseball, and Soccer, Gymnastics, and Girl/Boy Scouts etc. Are all great hobby's and pass time activities and I let my kids choose whatever activities they want

I categorize swimming lessons differently; swimming is a life skill and non-negotiable in my house. Sooner or later my children will be exposed to water, (be it a pool, lake, river or ocean) and not having basic swimming skills and confidence around the water will hold them back and could be potentially fatal.

They don't need to be Olympic swimmers but they need enough basic skills to tread water and survive but ideally are competent enough that they don't have to be nervous or fearful around water.

Now apply that same filter to the martial arts.

It's a great sport, with all the benefits of traditional sports, but it also teaches self-defense which is an essential life skill.

In your child's lifetime, they will almost certainly face the threat of physical violence (often unavoidably and through no fault of their own).

When you are attacked, just like in the water, it doesn't matter how hard you try, without proper training and technique you will panic, thrash & most likely drown.

We put our kids in swimming lessons to prepare them, so they can be in the water without fear and tread water if they get in over their heads.

The day your child gets confronted by a bully OR predator ask yourself; have you given them the tools & confidence to

stay calm, protect themselves and survive or have they been thrown in the deep end to fend for themselves?

Martial Arts is a MANDATORY LIFE SKILL!!!

CHANGE MY MIND!!!”

This was written by a concerned parent at a North Dakota Martial Arts School to ALL other parents

Summary

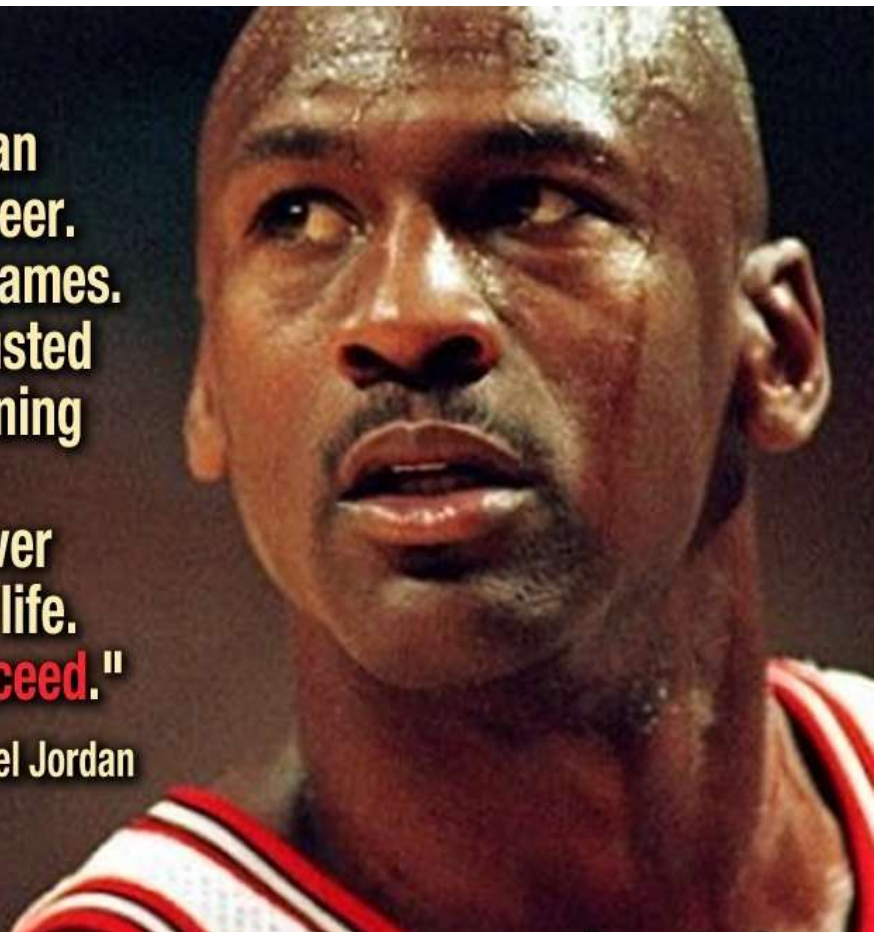
Over my 45 years of teaching kids, I find these 8 things add up to the **best version of your child that is possible.**

There is a lot more that can be said about each one of these, but this should get you started.

But of all of these, **Perseverance is KING!!!**

**"I've missed more than
9,000 shots in my career.
I've lost almost 300 games.
26 times I've been trusted
to take the game winning
shot and missed.
I've failed over and over
and over again in my life.
And that is why I succeed."**

~ Michael Jordan



Thank you for reading this and good luck

Grandmaster Jim Brassard

10th Degree Black Belt & Soke

Honorary Doctorates of Martial Arts Philosophy

Honorary Doctorates of Martial Arts Science

(Ph.D./Ma.D.Sc.)

**Multiple Martial Arts Hall Of Fame recipient,
International Author &**



By executive order received a Presidential Sports Award for Martial Arts by

Barack Obama

The President of the United States