

One MERIT BADGES[®]

INTERSCHOOL TOURNAMENT

Overview

Education and the martial arts is a relationship that has existed in countries like Japan and China for centuries. These cultures believe the two go hand in hand to help a child be their very best. Learning life skills such as "Focus" and "Discipline" through martial arts provide a child with the tools to get better grades and become a



better person. They have proven this relationship works by consistently scoring among the top of educational testing in the world.

So imagine if you will an "**INTERSCHOOL TOURNAMENT**" that promotes these values. A martial arts event that is both unique and innovative because it is a first in martial arts competitions. Envision a child journeying from level to level, kicking, punching and running while verbally presenting such life skills as "Teamwork", "Fitness", "Stranger", "Focus" and "Balance." Picture a martial arts based obstacle course that challenges a child to be their very best mentally and physically. It is an experience where a child learns and earns merit badges on a path to success and self-esteem.



Benefits to Martial Arts School Owners

This event has never been offered before in any martial arts tournament. It is a first that truly takes your school beyond anything out there on the tournament circuit. It focuses on the life skills instruction that is the foundation of martial arts. Here are some of the benefits:

- Offer an event that is a first in martial arts competition.
- Will be a new event, the first of its kind ever in a competition, that your students may participate in, at the **Disney Martial Arts Festival** in Disney's Wide World of Sports Complex at WALT DISNEY WORLD Resort near Orlando, Florida from October 16th - 18th, 2009.
- Promotes the "Educational values of Life Skills, Fitness & Safety" in the time tested tradition of earning merit badges.
- Offer your students and families "Perceived added value" while promoting the values of respect, good sportsmanship and teamwork.
- Caters primarily to children, ages 3 - 6 years old, a demographic that is not represented in most tournaments.
- An interschool tournament where everyone who participates is a winner, has their name announced, and is awarded a trophy. Everyone who participates receives equal treatment. This ensures "Self-esteem" and "Self confidence" are the most important values offered at your tournament.



- Provides the opportunity for additional revenue because it facilitated at your school.

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Sample Events



As the competitor faces each challenge they must verbally present each skill before executing it. This encourages them to develop their presentation skills and builds their confidence. It also brings to the forefront the educational values and life skills the martial arts has to offer.

For example, as the competitor begins the "Focus" challenge they must announce with confidence, "Focus sir. Focus means to pay attention. You must look with your eyes, listen with your eyes, think with your mind and do the right thing with your body." After their presentation, they then get into a front stance, on a mark, that is an age appropriate distance from a two foot by two foot targeted area located on a wall or mirror. They have ten attempts to punch the square target into the targeted area. They earn points for the number of times they succeed. They collect the "Focus" badge before proceeding to the next challenge.



Here are other examples of life skill challenges:

Teamwork: Competitor announces, "Teamwork sir. Teamwork means working together. My number one team is my family. I will do things when asked, get along with my brothers and sisters and keep my room clean." Their parent throws out ten red square targets on the matted area. Competitor must pick up all ten pads and make a two neat stacks of five pads each at their parent's feet. Their score is based upon how long it takes them to complete task.



Balance: Competitor announces, "Balance sir." Balance means to not fall down. Good balance requires being centered and focused. If I have good balance, I can ride a bike, skate board, and roller blade better." They proceed to kick through ring at a square target, held by an instructor, while

standing on one leg, without putting their kicking foot down. Competitor has three attempts. Their score for this event is based upon the highest number of kicks of the three attempts. They collect the "Balance" badge and move on to the next challenge.

Stranger: Competitor stands on a mark and announces "Stranger sir. A stranger is someone I don't know and my parents don't know. A stranger looks like someone I don't know and my parents don't know. If a stranger tries to talk to me, I run away yelling "Stranger" and I run to the nearest



safe place." A pretend stranger approaches competitor, who turns and runs under a bar and through a tube, as they yell stranger, to a designated safe place. They are timed for this event and receive a score based upon their time. They collect the "Stranger" badge before proceeding to the next challenge.



Fitness: Competitor announces "Fitness sir. Fitness means to exercise. When I exercise my body is strong and my heart is healthy. Martial arts, swimming, baseball and basketball are all examples of fitness." This is a multiple challenge where the competitor does push-ups, sit ups and running. This is a time event and determines their score. before earning "Fitness" badge.

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Coordination: Competitor announces, "Coordination sir. Coordination is knowing my left from the right." The instructor, holds two square targets, calling out ten different four move sequences, using left and right punches and kicks. They must respond immediately. For every sequence the competitor gets right, they receive one point. Their score is based upon the best out of ten attempts. They receive their "Coordination" badge.



The scores are tallied and the competitors move to the trophy and staging area. Each competitor takes their turn in the spotlight by having their name announced and awarded a trophy. Everyone who participates receives a "Participation trophy." First, second and third places are awarded for the top three scorers. Everyone is treated equally, creating an experience that enhances their self-esteem and promotes self-confidence.

Our Mission Statement

To educate and inspire today's youth to be their best by challenging their minds, bodies and spirit through martial arts, life skills instruction, fitness and safety.

Facts

Challenge: America spends more money on education than any other nation in the world yet has some of the lowest test scores than any other nation in the world.

Solution: Studies have proven that children who take martial arts gets better grades. Exceptional martial arts instruction is based upon quality life skills instruction and educational values.

Challenge: Child obesity and diabetes is epidemic in America.

Solution: Martial arts teaches fitness values and has been proven to produce a healthier, smarter child with improved self-esteem.

Challenge: Bullying and stranger abduction are chronic in America.

Solution: Martial arts teaches safety instruction such as bully conflict resolution and stranger awareness. This builds a child's confidence and helps them feel safer in today's society.

Studies have proven beginning a child's education at a preschool level and parent's involvement are the keys to improving education. Combine that with solid martial arts instruction, the One Merit Badges life skills retention system, and specialty events like this tournament; you provide the opportunity to "Help Build Better Lives." Call today for more information about hosting this event at your school.