

Harry & Friends

Black Belt Principles

Helping Young Minds Grow Stronger - Through The Power Of Martial Arts & Character Education!

This Month's Theme is: Indomitable Spirit
Week Two of Four



Help Harry & his Friends earn their Black Belts in Character Education.



Week Two

Teacher's Guide to Teach Indomitable Spirit

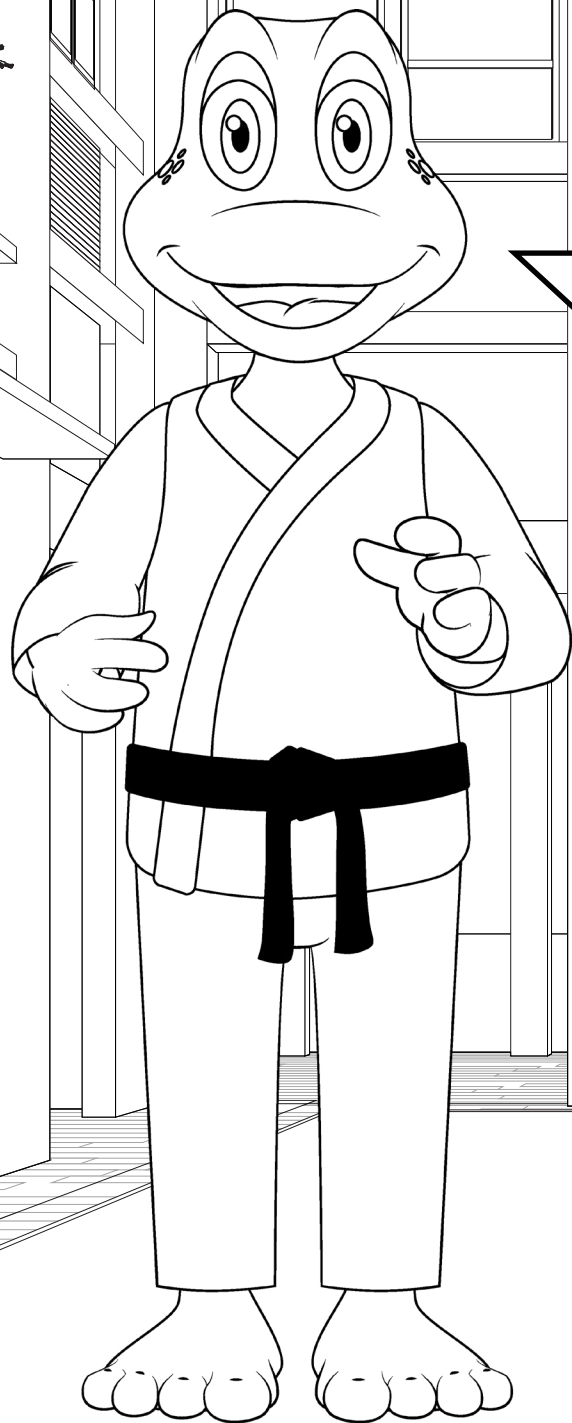
_____ Talk to your child/students about the meaning of Indomitable Spirit, which means never to give up. Give them examples like learning to tie their shoes, working on jumping jacks, or riding a bike.

(Parent/Teacher Tip-Do your best to set a positive example in continuing to try with any activity you struggle with.)

_____ Ask your child/students if they can help Harry and his friends learn more about Indomitable Spirit by completing this week's challenges. (You will need shoes with laces, and a phone to video the two challenges when they are ready to demonstrate what they have learned. Then post the video in the student private Facebook group.)

_____ At the end of the week go over the worksheets with your child/students, and praise them for all their hard work with helping Harry and his friends learn about Indomitable Spirit.

_____ Remind them: Showing Indomitable Spirit is an important step to reaching any goal. There is nothing wrong with making mistakes, or getting frustrated with our failures, as long as we learn a lesson and overcome the challenge.



Lesson One:

Hello Everyone!

We are learning about Indomitable Spirit. Have you ever tried to learn something that is really hard? Like tying your shoes?

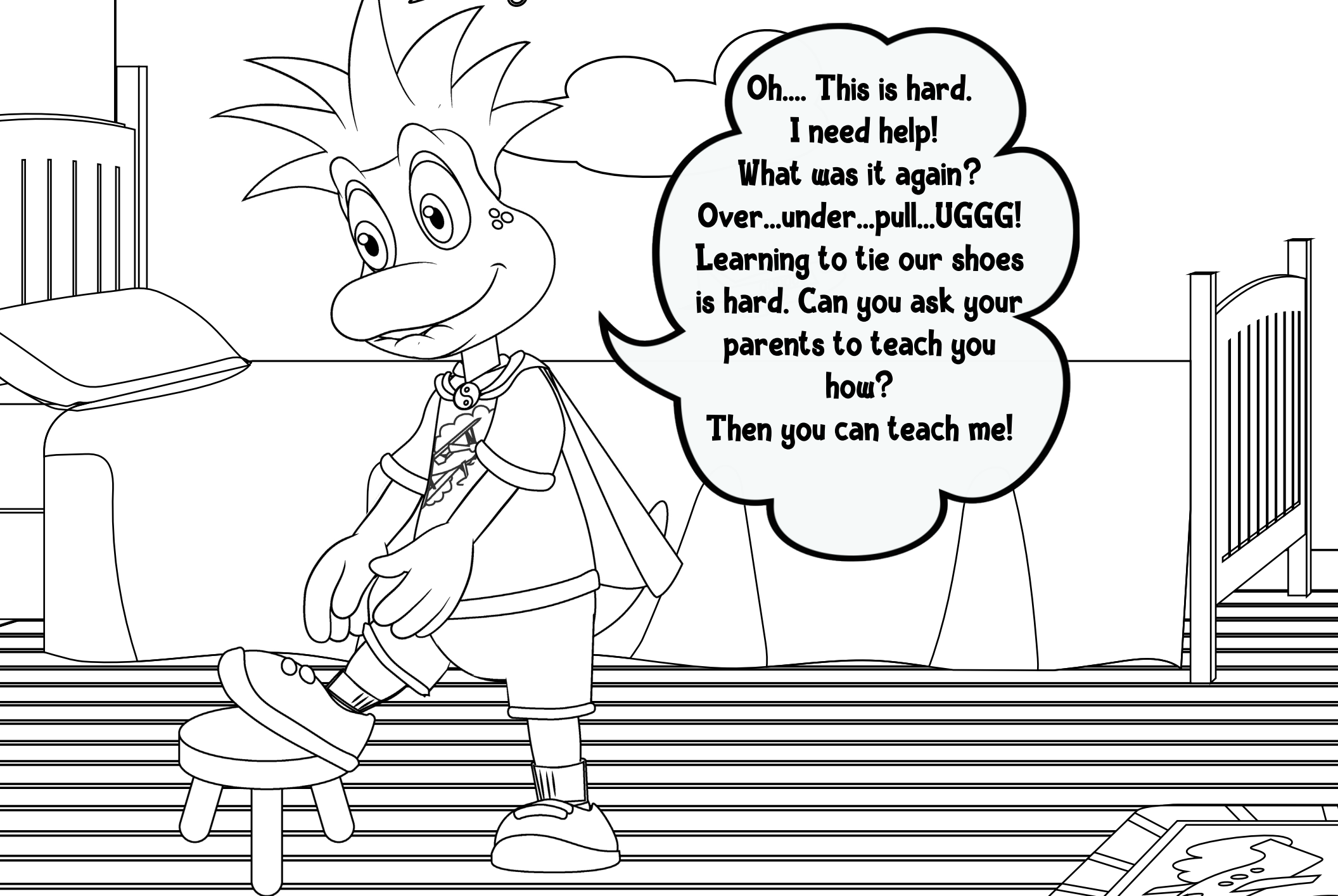
Indomitable Spirit is the key to improvement.

Your parents can probably tie their shoes *with there eyes closed!*

How did they get so good at it?

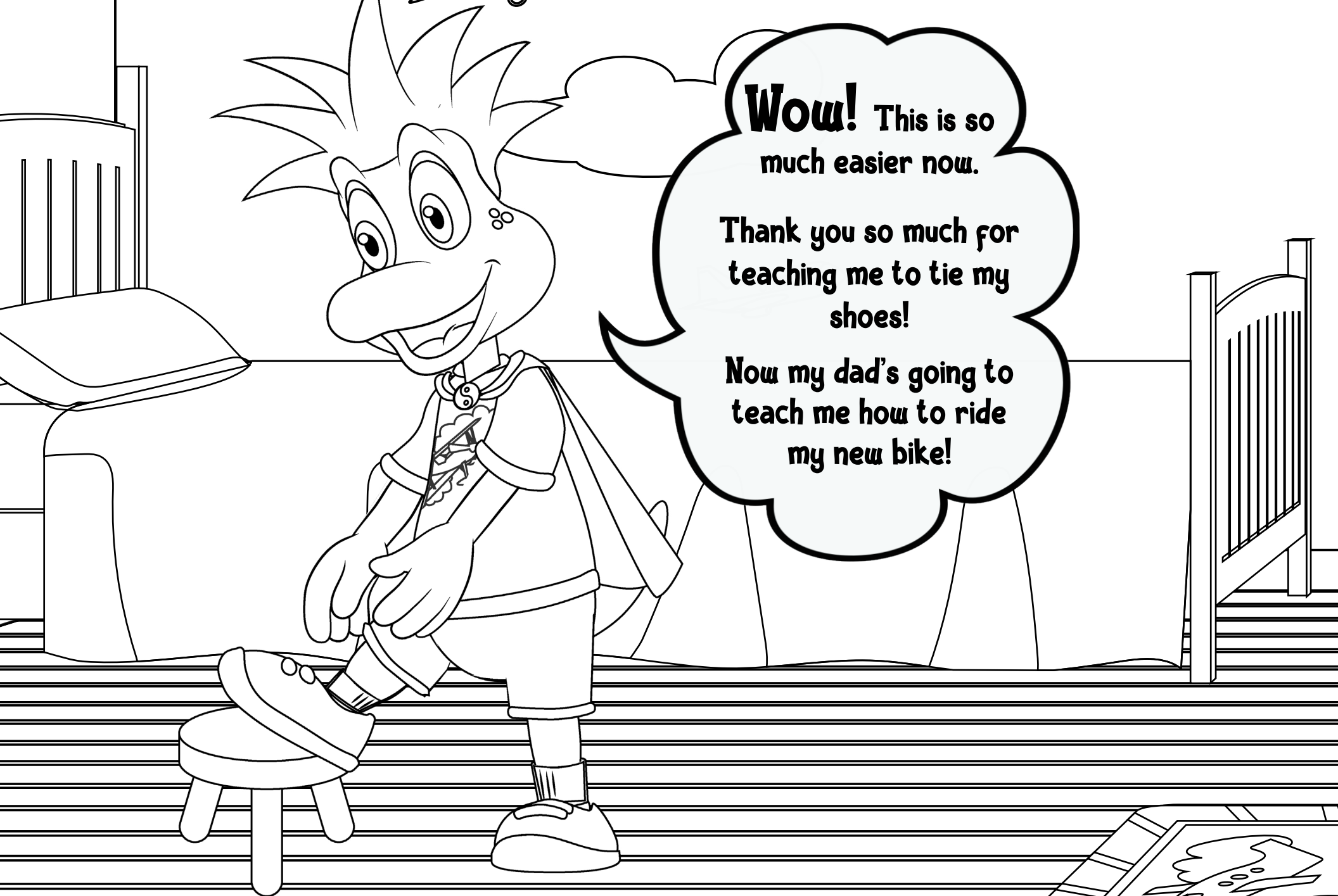
Because they tried over and over and over again until they got it right!

Then they practiced some more so they *wouldn't forget!* The secret to learning is never giving up!



**Oh.... This is hard.
I need help!
What was it again?
Over...under...pull...UGGG!
Learning to tie our shoes
is hard. Can you ask your
parents to teach you
how?
Then you can teach me!**

1. Color in this page.
2. Ask your parents to teach you to tie your shoes.
3. Practice
4. Have your parents video, you teaching Harry how to tie his shoes and post it in the student Facebook group.

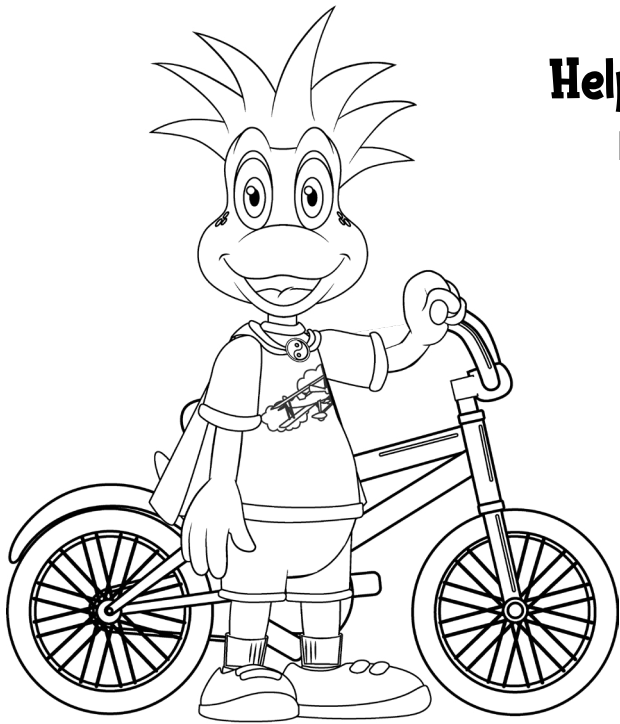


Wow! This is so
much easier now.

Thank you so much for
teaching me to tie my
shoes!

Now my dad's going to
teach me how to ride
my new bike!

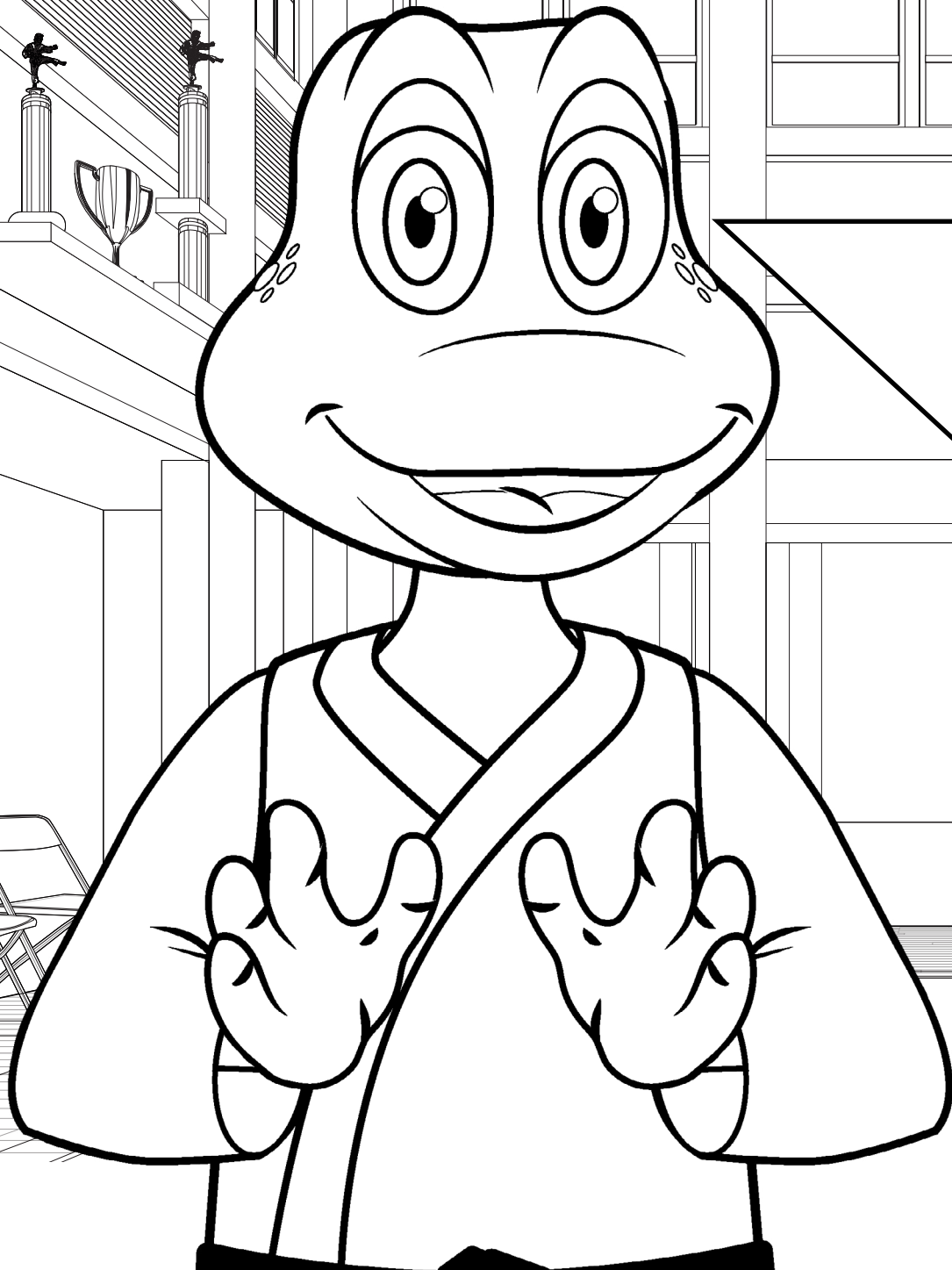
1. Color in this page. 2. Hang it on you fridge.



Help Harry ride his bike by keeping him on the path of numbers.

Follow the numbers 1 to 29 to exit the maze. As long as the numbers are in order you can go up, down or side to side.

| | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | | | | | 2 | 4 | 5 | 6 | 7 | 10 | 8 | 9 | 7 |
| | | | | | ➔ | 1 | 2 | 3 | 4 | 5 | 6 | 8 | 10 |
| | | | | | 2 | 3 | 5 | 6 | 5 | 9 | 7 | 9 | 12 |
| 10 | 13 | 11 | 12 | 10 | 9 | 13 | 12 | 11 | 10 | 9 | 8 | 10 | 13 |
| 13 | 10 | 12 | 14 | 16 | 15 | 14 | 13 | 12 | 11 | 14 | 18 | 17 | 20 |
| 16 | 13 | 11 | 19 | 17 | 15 | 13 | 19 | 14 | 20 | 26 | 23 | 21 | 26 |
| 14 | 15 | 20 | 14 | 18 | 16 | 14 | 19 | 20 | 25 | 26 | 27 | 30 | 23 |
| 12 | 11 | 28 | 15 | 19 | 20 | 21 | 22 | 23 | 24 | 30 | 28 | 29 | ➔ |
| 16 | 19 | 20 | 23 | 25 | 27 | 23 | 26 | 24 | 28 | 25 | 24 | 28 | 30 |



Lesson Two:

Hello Everyone!

How are you doing on tying your shoes? If you haven't learned it perfectly yet, it's OK, as long as you don't stop trying.

Another skill a lot of people have trouble learning is a Jumping Jack.

Jumping Jacks are a great exercise to build coordination and endurance.

It is kind of tricky to get the timing down but you can do it if you listen closely to the instructions, watch someone else demonstrate it and then keep trying till you figure it out!

Help Harry Learn How To Do A Jumping Jack!

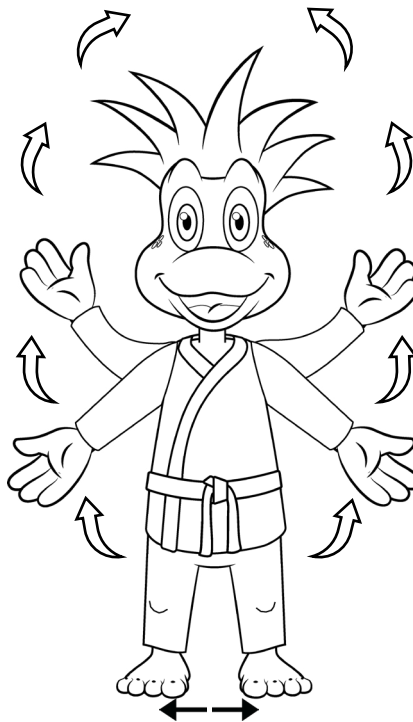
Step One:
Stand up tall
and straight
with your feet
together and
your hands at
your sides.
(We call this the
attention stance)



Step Two:
Bend your knees
slightly to get
ready to jump.



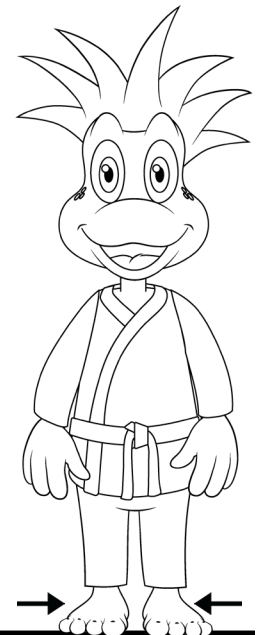
Step Three:
Jump into the air moving
your feet out to shoulder
width apart, while
clapping your hands over
your head.



Step Four:
Bring your hands back
down and your feet
together into the
attention stance.

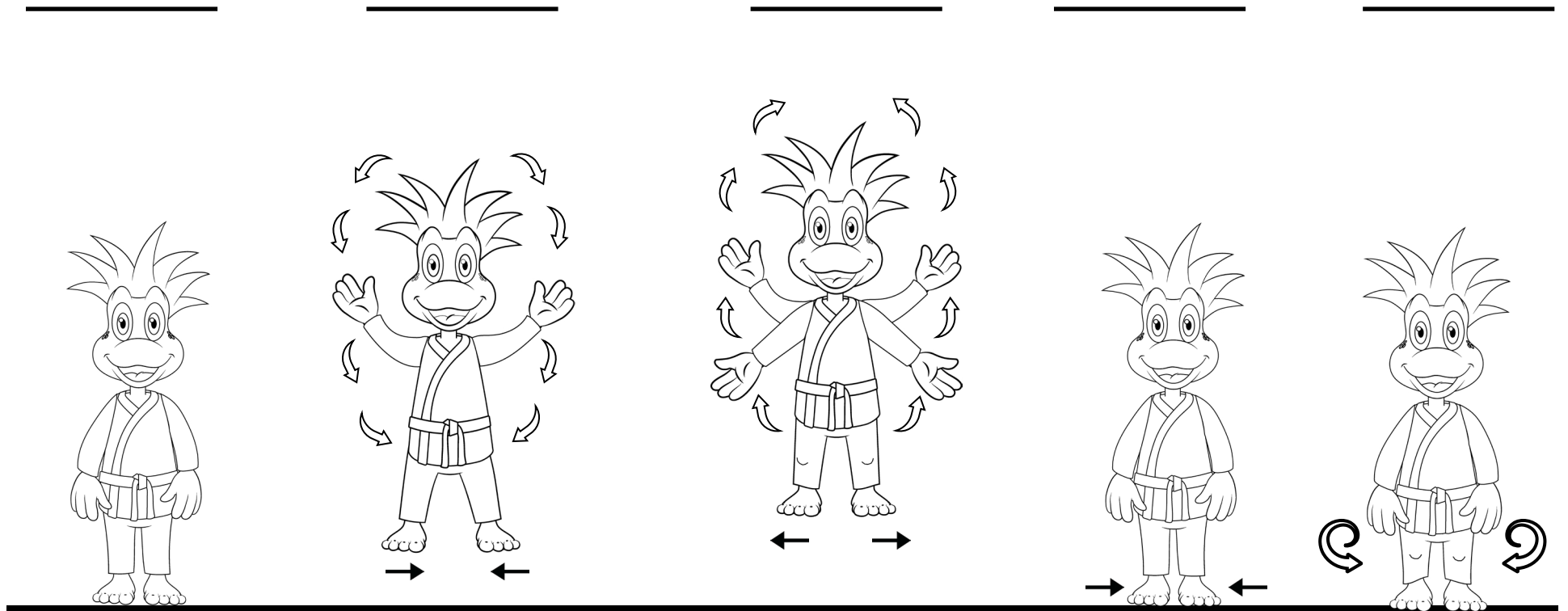


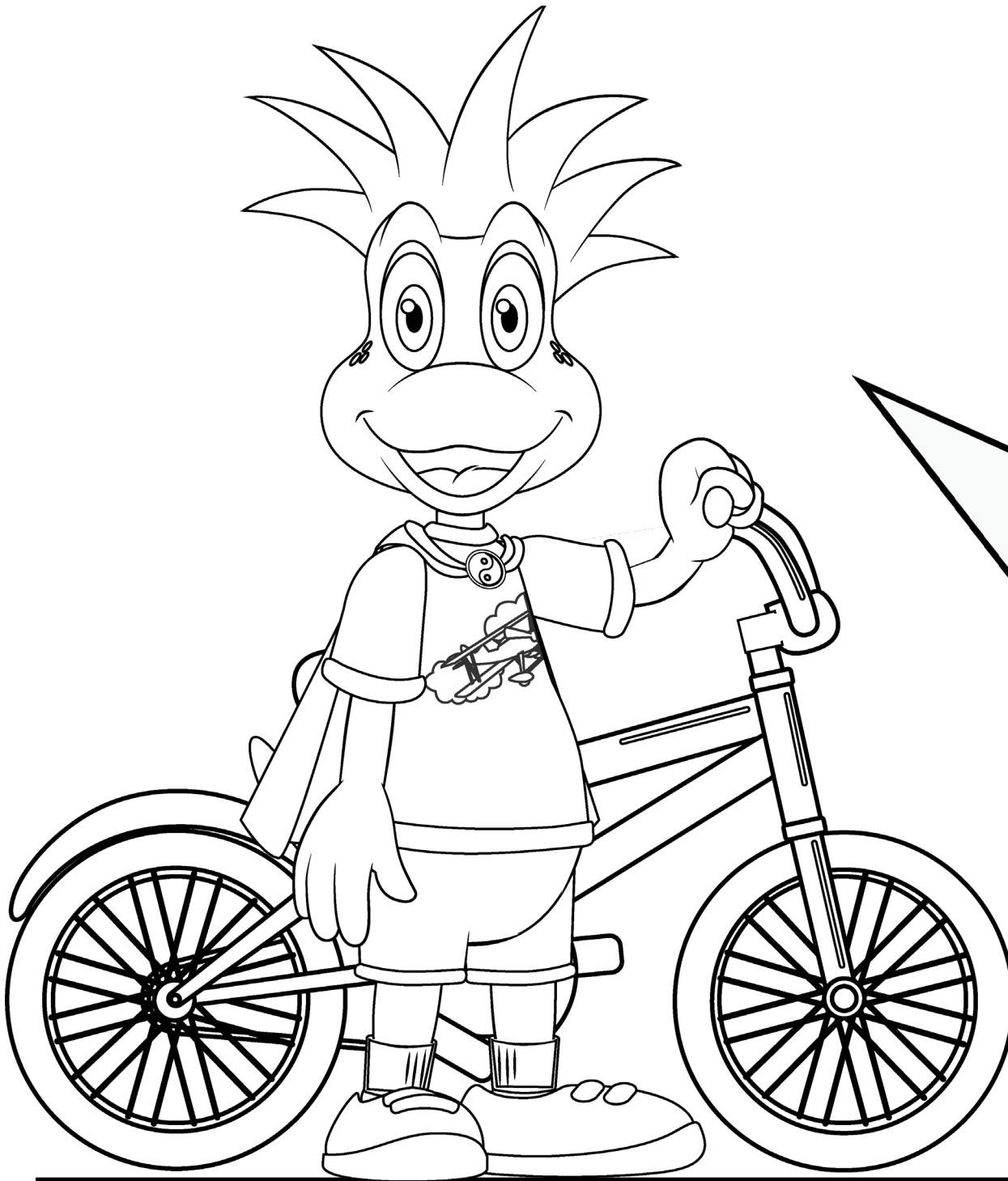
Step Five:
You Did It!
Let's do some
more!
Repeat steps
1 to 5.



1. Practice Jumping Jacks with Harry. Follow the steps pictured above.
2. Practice
3. Ask your parents to take a video of you doing 10 to 15 perfect Jumping Jacks then post it for your instructor.

Help Harry learn how to do Jumping Jacks by coloring him in and numbering the pictures in the correct order from 1 to 5.





This week has been amazing!

First, you helped me to learn how to tie my shoes!

Then my dad taught me to ride a bike.

After that I finally learned how to do a Jumping Jack! I'm really clumsy when it came to them. Instructor Dan says it's because I'm growing so fast.

He also said he is super proud of me for not giving up. I got upset with myself a couple of times, but I did it!

Next week is Kara's birthday, and we're having party! She always has cool games and stuff to do.

Well...I'll see you guys next week!