

THIS IS WHY WE DO WHAT WE DO.

We're not just teaching martial arts. We're helping prepare kids for life!



As parents, it's easy to focus on what's directly in front of us: School. Grades. Sports. Activities. Friends. Homework. Getting everyone where they need to be on time.

But underneath all of that, something much more important is happening. **We're raising future adults.**

Someday, our children will make decisions without us. They'll face disappointment, solve problems, choose friends, make mistakes, stand up for themselves, get knocked down—and have to figure out how to get back up.

So maybe the most important question isn't: **What do we want our kids to accomplish?**

It's: **Who do we want them to become?**

After nearly 50 years of working with children and families, I've given that question a lot of thought. And, if you're like me, we want kids who are **confident, capable, kind, and resilient.**

Kids who know how to do hard things.

Kids who take responsibility for their choices.

Kids who aren't afraid to make mistakes, accept correction, and try again.

Kids who can be kind to others without being afraid to stand up for themselves.

Kids who can walk into a room, look someone in the eye, and be comfortable with who they are.

Kids who understand that leadership begins with learning to lead themselves.

And most importantly...**Kids who believe they can figure things out.**

THAT'S REAL CONFIDENCE.

Not believing everything will be easy. Not being told over and over how wonderful you are. And certainly not believing you'll always win. **Real confidence is built through experience.** It's a child being able to say:

I've struggled before.

I've been nervous before.

I've made mistakes before.

I've done things I didn't think I could do.

I've wanted to quit—and kept going.

So, when the next challenge comes along: **"I may not know how to do this yet, but I can figure it out."**



That's the confidence we want our kids carrying into adulthood. And that's why we shouldn't remove every obstacle from their path.

Sometimes the struggle is the lesson.

Every time a child works through frustration, accepts a correction, tries again after failing, or finishes something they wanted to quit, they're building something inside themselves.

RESILIENCE.

SELF-TRUST.

CAPABILITY.

Those qualities aren't given to children. **They're earned.** One challenge. One effort.
One small victory at a time.

THAT'S WHAT WE'RE REALLY WORKING TOWARD.

At Chon-Ji Academy, we absolutely teach martial arts. Our students learn kicks, punches, blocks, and practical self-defense. They work hard. They have fun. They earn belts.

But martial arts is the vehicle. THE STUDENT IS THE MISSION.



Because we're not simply preparing children for their next belt test. **We're preparing them for life.**

The class they didn't feel like attending—but did.

The technique they couldn't do—until they could.

The correction they learned to accept.

The belt they had to earn.

The day they were nervous—but tried anyway.

The moment **"I can't"** became **"I'll try."** And then, finally, **"I can!"**

Those moments can seem small. **They're not small to the child who's becoming someone because of them.**

That's where parents and instructors have an extraordinary opportunity to work together. Not to make everything easier for our kids. But to help them become:

Resilient enough to recover.

Relentless enough to keep going.

Confident enough to stand on their own.

Capable enough to take on the world.

That's the work. That's the privilege. And that's **The CJA Way**.

Together, we'll prepare them for whatever life brings.

Master Instructor Brett Casser

Chon-Ji Academy of Martial Arts, Inc.

Serving Teaneck and surrounding families since 1987.

CHON-JI ACADEMY

