

Championship Martial Arts Values Curriculum

July 2026

Values Based on Grand Master Chuck Norris' Code of Ethics

(Value # 7)

I WILL GIVE SO MUCH TIME TO THE IMPROVEMENT OF MYSELF
THAT I WILL HAVE NO TIME TO CRITICIZE OTHERS....

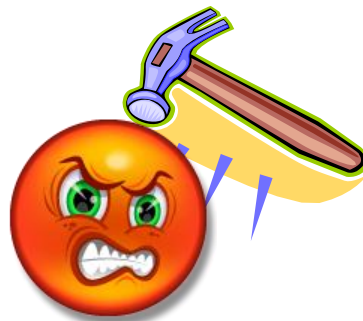
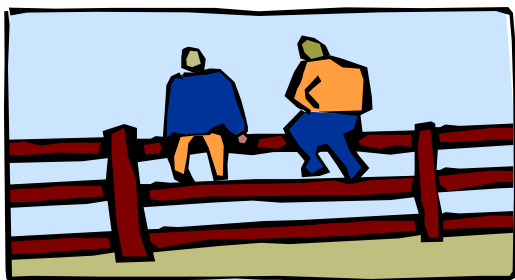
“SELF-CONTROL”

There once was a little boy who had a bad temper. His parents gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence.

The first day, the boy had driven 37 nails into the fence. Over the next few weeks, as he learned self control, the number of nails hammered daily gradually dwindled down. He discovered it was easier to use self control than to drive all those nails into the fence.

Finally the day came when the boy didn't lose his temper at all, he had developed self control. He told his parents about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper and use his self control. The days passed and the boy was finally able to tell his parents that all the nails were gone from the fence.

The parents took their son by the hand and led him to the fence. They said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you loose your self control and say things in anger, It hurts everyone and leaves a scar just like the ones in the fence. Remember; It doesn't matter how many times you say "I'm sorry" the wound is still there. The next time you feel yourself getting mad or loosing your self control. recognize that you are feeling angry (your face turns red, your hands are clenched, you are possibly beginning to cry...try counting to 10, stop and think about what your choices are to solve the problem, walk away for now and relax... take some deep breaths, tell the person in nice words using your inside/calm voice why you are angry...make sure to ACT out your best choice of solving the problem...no one ever made a good decision while they were mad...keep your self control and all things will work in your favor.



SELF-CONTROL

Championship Martial Arts Values Curriculum

...Cultivating high character in the lives of individuals

This month my son/daughter has demonstrated the qualities of self control required by you and Championship Martial Arts

Student's Name _____

Dated this ____ day of _____

Belt Rank _____

Parent Signature _____

Requirements for Championship Martial Arts Values Curriculum Students

- * Responsible behaviour at home.
- * Overall performance and attendance in classes.
- * Completion of the monthly Values activity.
- * Returning this signed activity sheet on time to your Instructor.

Self-control

Defined: control of oneself, one's emotions and impulses.

“Make the right choice”

1. Your friend has one of the new games that you have been wishing to play for weeks. You want to play with it... but your friend wants to play with their new game as well, What do you do? What and say?

2. You want to play with your friend, but its time for your Chun Kuk Do class... What do you do? What do you say?

3. A girl in your class who uses a wheelchair has a computer with a game you love to play... What do you say to her?

4. Your brother just got a cool gift for his birthday... just like the one you wanted.... What do you do and say?

5. How do you feel when you see that another child has something that you would like to have?

6. How would it make you feel if someone took one of your toys or things without your permission?

7. What can we do when we want to have someone else's things? What are our choices?

8. What can we do when someone else is getting to do something we want to do? What are our choices?

CHOICE BOX

Here are some choices that you can use if you like ? Remember to make the right choice

CRY
BE SAD
STOMP YOUR FEET
GET MAD AND YELL
RUN TO YOUR ROOM AND SLAM THE DOOR
COUNT TO 10
BE POLITE AND ASK IF YOU CAN JOIN IN AND PLAY
TALK TO MOM AND DAD ABOUT WHAT TO DO
CONTROL YOUR ANGER

HIT YOUR FRIEND.
QUIT.
SMILE AND FIND SOMETHING ELSE TO DO.
ASK IF YOU CAN EARN THE SAME TO REMEMBER THE GREAT THINGS THAT YOU HAVE.
BE THANKFUL.
DO A CHOR AND EARN WHAT YOU WANT.
NEVE GIVE UP.
ACT FRIENDLEY.

Here are some other things you can do when you start to feel angry:

Talk to a friend you can trust, Count to 10, Get or give a hug,
Do jumping jacks or another exercise, Draw a picture of your anger,
Play a video game, Run around the outside of the house
five times as fast as you can, Sing along with the radio,
Pull weeds in the garden, Think good thoughts
(maybe about a fun vacation or your favorite sport)
Take a bike ride, go skateboarding, Practice CKD — do something active! Never getting angry is impossible. Instead, remember that how you act when you're angry can make the situation better or worse. **Don't let anger be the boss of you.** Take charge of it!

USE YOUR SELF-CONROL !