



Fear

A distressing emotion caused by anticipated danger, evil, pain, etc., whether the threat is real or imagined; the feeling or condition of being afraid.



October
2009
Theme
Of the
Month

**This month our
weekly lessons
will cover:**

Dear Parents,

October is the month for scary things.
Halloween brings ghosts and goblins galore!

However, these things are all designed for fun and amusement. They are not real. But we all have real fears that we have to face every day. For some, it's the bully at school. For others, it's feeling alone and unappreciated. And for some, it's the fear of an unknown danger.

However, the discipline and self-confidence your child gains from the martial arts will help him or her meet those fears head-on. Everyone has fears, but the martial artist is uniquely prepared to face those fears and overcome them. This month, as you and your child enjoy the scary season, help him or her appreciate the skills and character traits he or she is developing that will help overcome the fears in everyday life.

Other Things Parents and Caregivers Can Do to Help Their Children Overcome Fear

Teach them not to anticipate the worst possible outcome.

Unfortunately, it is often very easy to dwell on what might go wrong. This worry can distract us from our goals and reduce our motivation to achieve them. Help your children to stay focused on what they are trying to achieve and encourage them to not worry about everything bad that could happen.

Consistently speak words of encouragement to your child.

You have the most influence with your child. What you say to your daughter or son will dramatically impact his or her confidence and perspective. Encouraging words, words that reaffirm your love and support of them, will give them the self-confidence to overcome many of the fears they face.

Don't demand perfection. One of the biggest fears we all face is the fear of failure. Let your child know it is alright to be less than perfect, especially when trying something new. Having your permission to make a mistake or two will alleviate the anxiety they feel towards trying new things.

Remind and Review. Your children's martial arts training will help them gain self-confidence and reduce their fear and anxiety. The more they practice the skills, both physical and mental, the greater their self-confidence will be. Discuss their training with them at home and help them practice what they have learned. Whether it's new kicks or strikes, or a particular life skill, your involvement and assistance will bolster their confidence and reduce their fear.

Week One:

"He who is afraid of a thing gives it power over him." – Moorish Proverb

Week Two:

"If fear is cultivated it will become stronger. If faith is cultivated it will achieve the mastery." – John Paul Jones, U.S. Naval Captain during the War of Independence, regarded as "The Father of the American Navy"

Week Three:

"A man who causes fear cannot be free from fear." – Epicurus, Greek philosopher (341-270 B.C.), founder of Epicureanism

Week Four:

"The way of the superior man is threefold. Virtuous, he is free from anxieties; wise, he is free from perplexities; bold, he is free from fear." – Confucius, Chinese philosopher (551-447 BC), founder of Confucianism

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