



MIND MARTIAL ARTS

HELPING KIDS BEAT BAD BEHAVIOURS





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INTRODUCTION – For Parents

Understanding the Mind Martial Arts Journey

Parenting a child with endless energy, strong emotions, or short attention spans can often feel like trying to calm a storm. You love your child's spirit, but sometimes that same energy can turn into frustration, impulsiveness, or emotional outbursts.

That's where Mind Martial Arts begins — a journey where Jiu-Jitsu becomes more than a sport. It becomes a way to train the mind, body, and emotions together.

In traditional martial arts, children learn how to fall safely, how to breathe, and how to respect their opponents. But something deeper is happening too — they learn to pause before reacting, stay calm under pressure, and try again even when things get hard.

These are the same mental skills that children with ADHD and behavioral challenges need most.

At The Academy, we've seen time and time again how kids who once struggled to sit still or focus gradually develop confidence, respect, and self-control through playful, structured martial arts training. The mat becomes their classroom for life.

This book brings that same philosophy home, turning everyday challenges into lessons of courage, focus, and calm.

Why Martial Arts Help Kids with ADHD and Behavior Challenges

- **Structure and Routine**

Martial arts classes follow a clear routine — warm-up, drills, practice, and the closing bow. Children with ADHD thrive on predictable patterns because it helps them feel safe and know what's coming next.

- **Body Awareness and Control**

Jiu-Jitsu teaches children how to use their bodies carefully and purposefully. When they learn to control their movements, they start to control their emotions too.

- **Attention Through Action**

Martial arts engage both the body and the brain. Kids practice staying focused while moving — perfect for children who find stillness difficult.

- **Respect and Discipline**

Every class starts and ends with a bow — a sign of gratitude and humility. These habits build internal discipline, not through punishment, but through pride.

- **Confidence Through Progress**

Each belt or stripe earned gives a visible sense of growth. Kids who once said, "I can't," start to say, "I'll try."

- **Safe Emotional Expression**

Rolling, breathing, and movement give children safe outlets to release energy, anger, or frustration without shame.

The Goal of This Book

Mind Martial Arts is designed as a parent-child guide to help you:

Understand your child's mind through fun, positive metaphors.

Use Jiu-Jitsu concepts to manage emotions and behaviors.

Practice simple "dojo games" that make calmness fun.

Celebrate small victories together on the journey toward the Mind Martial Arts Black Belt.

Every chapter introduces a new monster — a playful symbol of common challenges such as stress, anger, distraction, or low confidence.

Each monster can be defeated using a real Jiu-Jitsu principle and a short home activity.

By the end of this book, your child will not only learn to calm their mind — they'll truly believe they can.

HOW TO USE THIS BOOK

This book is designed to be **read and practiced together** — parent and child, side by side.

Each chapter introduces a "**Monster**" that represents a real-life challenge your child might face, such as stress, anger, distraction, or low confidence. These monsters make it easier for children to understand feelings that can otherwise seem confusing or overwhelming.

The goal is not to fight the monsters with force, but to train the mind, just like a martial artist trains their body.

Through stories, JiuJitsu lessons, and playful games, your child will learn to recognize emotions, stay calm, and respond with control instead of reaction.

Step-by-Step Guide for Parents

- **Read Together**

At bedtime or after class, read each story aloud with your child.

Pause to ask simple questions:

- “When do you feel like that monster is near?”
- “What move could we try next time it shows up?”
- This helps your child connect the story to real-life experiences.

- **Name the Monster**

When your child feels big emotions, say, “Is the Stress Monster visiting?” or “Did the Anger Dragon breathe fire today?”

Giving feelings a fun, familiar name turns fear into understanding — and understanding into power.

- **Practice the Moves**

Every chapter includes a JiuJitsu Lesson and Parent Action Game.

Practice these drills together like mini dojo sessions at home. Keep them short, fun, and full of praise.

Consistency is more important than perfection.

- **Use Positive Reinforcement**

Celebrate every small victory!

Use the Mind Belt Tracker or Stripe Chart included in this book to mark progress.

Each time your child practices a skill — breathing, focusing, waiting, or showing respect — award a stripe or sticker.

These visible rewards build motivation and confidence.

- **Model Calmness Yourself**

Children learn more from what we do than from what we say.

When you feel stressed, show them how you take a deep breath, just like in Jiujitsu.

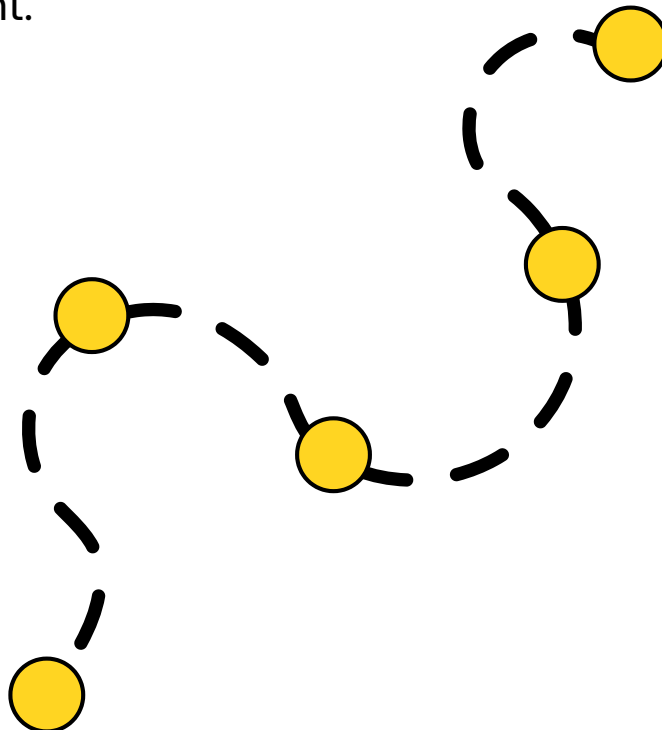
Let them see that even adults practice Mind Martial Arts.

- **Keep It Playful**

Remember: the dojo is a place of learning, not judgment.

If your child loses focus or becomes frustrated, smile and try again later.

Progress comes from patience, laughter, and encouragement.



The Big Picture

As you move through each chapter, you'll notice a rhythm:

- Story – Helps your child imagine the emotion in a fun way.
- Jiu-jitsu Lesson – Translates martial arts principles into real-life coping skills.
- Parent Action – Gives you a clear, simple activity to practice at home.
- Stripe Earned – Marks your child's growth and progress toward the Mind Martial Arts Black Belt.

By the final chapter, your child will have learned ten emotional “moves” – one for each monster – and will be ready to earn their Mind Martial Arts Black Belt Certificate.

This isn't just a book; it's a shared adventure – a path toward confidence, calmness, and connection between you and your child.



WELCOME TO MIND DOJO



MEET THE MIND DOJO

Welcome to the Mind Dojo — a special place where young warriors train not just their bodies, but also their minds and hearts.

When you open this book, imagine stepping onto a soft mat. The air feels calm, the floor smells faintly of clean shoes and fresh effort, and the sound of gentle breathing fills the room.

This isn't an ordinary dojo; this is where feelings, thoughts, and focus all come to practice.

Here, every child becomes both a student and a hero in training.

And every parent becomes their Sensei at home — guiding, encouraging, and celebrating each small victory.

Meet the Sensei

At the front of the dojo stands Sensei Ryu, a calm and wise teacher who believes that every big feeling is just another training partner.

Sensei Ryu never yells. Instead, he smiles and says, "Remember — your breath is your first move. Your calm is your power."

He teaches that strength doesn't come from fighting harder.

It comes from learning when to pause, breathe, and move with purpose.

Meet the Young Warriors

In the Mind Dojo, you'll meet students just like your child — each learning how to face their inner monsters with bravery, patience, and focus.

These young warriors come from different backgrounds, but they all train for one goal – to master their minds and hearts, one lesson at a time.

Daniel – Quick and energetic, but sometimes the Stress Monster sits on him during tests. He's learning how to breathe deeply and make space when pressure feels heavy.

Alessia – Brave but fiery, she's learning to cool her Anger Dragon with calm breaths and patience.

Liam – Curious and playful, yet easily distracted by the Distraction Ninja. He's practicing focus and balance — keeping his eyes and mind on one thing at a time.

Gabby – Thoughtful and shy, working to step out of her Fox Den with courage. Each small brave step makes her confidence grow.

Angus – A sensitive thinker who worries about “what ifs.” He's learning from the Worry Wizard how to stay present and take one step at a time.

Max – Energetic and bold, but sometimes acts before thinking.

He's training with the Impulse Tiger to pause, breathe, and move with control.

Zena – Gentle and caring, learning to roll through big feelings with the Sadness Shadow.

She discovers that movement and laughter help her heart feel light again.

Liam – Sometimes takes on too much at once.

The Overwhelm Giant is teaching him how to slow down and focus on just three important things.

Elyza – Quiet but strong, learning from the Shyness Fox how to be brave and speak up when it matters most.

Gabriel – Calm and respectful, training with the Respect Samurai to lead with kindness and gratitude.



Your Mind Martial Arts Superpowers

Every young warrior in the Mind Dojo trains four special skills called Superpowers — these are the moves that make your mind stronger:

Superpower	What It Means
 Focus	Keep your eyes and mind on one thing at a time.
 Kindness	Help others and speak with calm, respectful words.
  Respect	Bow, listen, and thank those who teach or help you.
 Calmness	Breathe before reacting when big feelings arrive.

Sensei Ryu says: “A strong warrior isn’t loud — they’re focused, kind, respectful and calm.”

Meet the Monsters

The Mind Dojo has ten playful monsters who love to challenge young warriors.

They are not bad – they're simply here to help kids learn about their feelings.



Stress Monster

Learn to stay calm under pressure



Anger Dragon

Learn to cool your fire with calm breaths



Distraction Ninja

Learn to focus your mind



Low Confidence Troll

Learn to focus your mind



Worry Wizard

Learn to stay present and worry less



Impulse Tiger

Learn to pause before acting



Sadness Shadow

Learn to move and find light again



Overwhelm Giant

Learn to take one step at a time



Shyness Fox

Learn to stay present and worry less



Respect Samurai

Learn to lead with kindness and gratitude

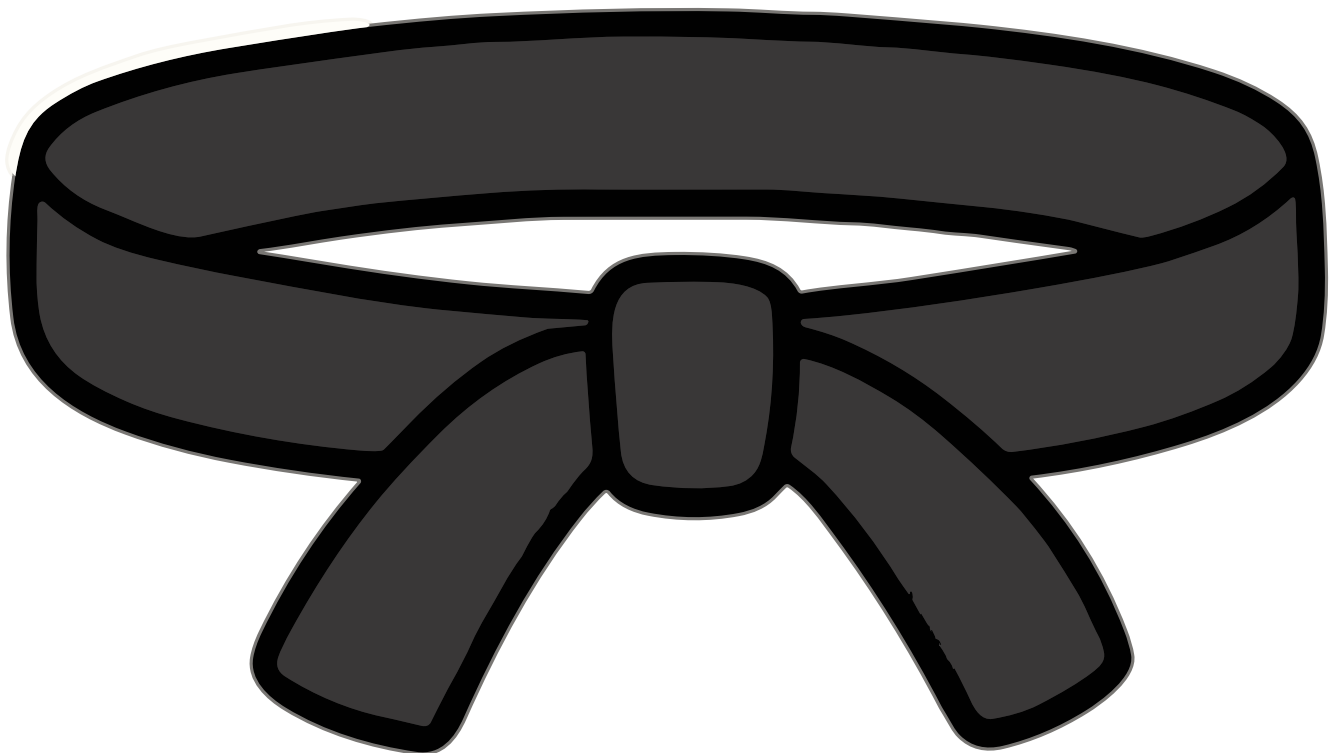
🧩 The Mind Belt Journey

Every time your child learns a new skill — breathing calmly, showing patience, or using respect — they earn a Stripe on their Mind Belt.

After all ten monsters are trained and tamed, your child will receive the Mind Martial Arts Black Belt Certificate, showing mastery over body, mind, and emotions.

This journey isn't about perfection — it's about progress, play, and pride.

So, take a deep breath, bow to your partner, and say, "Let's begin our Mind Martial Arts adventure!"



Chapter 1: **STRESS**
Monster





Chapter 1 – The Stress Monster

Breathing Under Pressure



Meet the Monster

Every dojo has monsters that like to test our strength. The first one you'll meet is called the Stress Monster.

The Stress Monster is big, heavy, and sneaky. It loves to jump on your chest when you least expect it — before school, during homework, or even at bedtime.

It whispers:

"You can't do this!"

"It's too hard!"

"I'm too heavy, you'll never get me off!"

Stress can feel like being stuck under someone in Jiujitsu — you can't breathe properly, your body feels tense, and your mind races.

But just like in Jiujitsu, there are moves to escape.



Stress Monster

Learn to stay calm under pressure



The Story: Daniel vs. The Stress Monster

Daniel was a six-year-old who loved building Lego castles and practicing JiuJitsu.

But when it came to spelling tests at school, he felt nervous.

On the morning of the test, the Stress Monster attacked! It leapt onto Daniel's chest and pressed him down hard. His tummy felt tight, his face turned red, and he wanted to run away.

The monster whispered,
"You're trapped. You can't do this test."

But Daniel remembered something his JiuJitsu coach always said:

"When pressure is heavy, don't panic. Breathe, make space, then move."

So Daniel closed his eyes, took a deep belly breath, and imagined framing his arms against the Stress Monster, just like in JiuJitsu.

Slowly, he rolled to the side.

The monster slipped off.

It didn't disappear forever — but Daniel proved that with the right skills, he could escape and keep going.

The Jiujitsu Lesson: Escaping Pressure

In Jiujitsu, when someone is on top of you, the first step is always to stay calm and breathe.

If you panic, you waste energy. If you breathe, you make the monster feel lighter.

Lesson: The Calm Escape

1. Breathe – Slow, deep belly breaths.

2. Frame – Use your arms to create space (like gently pushing the monster's shoulders).

3. Escape – Turn sideways, move your hips, and roll out.

These three steps don't just help on the mat – they help in life.

When stress feels heavy:

 Breathe.

 Make space in your mind.

 Escape the trap.



Parents' Guide

Children with ADHD often feel stress as overload: too many instructions, too much noise, or too much pressure. The Stress Monster metaphor helps them name what's happening and remember they have "moves" to use.

👉 Try this process with your child:

1. Name the Monster

Ask: "Is the Stress Monster sitting on you right now?"

Giving stress a name turns something scary into something your child can fight.

2. Breathing Drill (Belly Balloon)

- Lie down together.
- Place a small toy on your child's belly.
- Challenge them to move the toy up and down slowly with deep breaths. This teaches calm breathing and shows them how powerful they are.

3. Frame & Escape Game

- Parent kneels beside child (light hands on shoulders).
- Child practices framing arms and rolling sideways.
- Link this to making space from stress: "See how you escaped? You can do that in your mind too."

4. Daily Reflection

At bedtime, ask: "When did you escape the Stress Monster today?"

Celebrate even small victories.

Action Game: Stress Escape Challenge

Setup:

Place a pillow on your child's chest (the "monster").

Goal:

Your child uses belly breathing, framing, and rolling to "escape" the pillow.

Timer:

Set for 2 minutes — they win when they escape calmly.

Victory Pose:

After escaping, your child does a martial arts bow or superhero stance.
This helps link JiuJitsu movements to emotional coping.



🏆 Belt Stripe Earned: The Calm Stripe

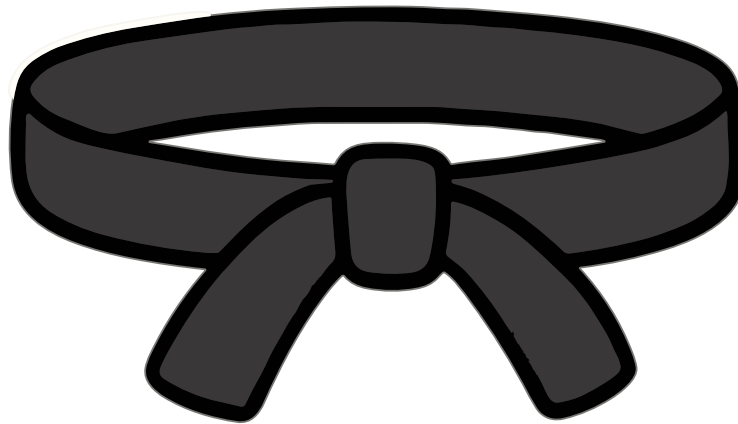
Each time your child uses their breathing and escapes the Stress Monster,
they earn a Calm Stripe on their Mind Belt.

Create a reward chart:

■ 5 Calm Escapes = 1 Calm Stripe

🏆 3 Calm Stripes = Mini Certificate of Calm

Parents can print a simple belt chart or draw one on paper.
Each time your child practices calm breathing, they color in
part of their stripe — building visible progress toward their
Mind Martial Arts Black Belt.



💡 Key Takeaway

Stress isn't unbeatable — it's just a heavy partner that teaches
patience.

When you breathe, you make space.

When you move calmly, you win the match.

**"The Stress Monster loses power the moment you take a
deep breath."**

Chapter 2: The Anger Dragon



Chapter 2 – The Anger Dragon

Taming the Fire Within

Meet the Monster

Every young warrior has faced the Anger Dragon at least once. It hides deep inside, waiting for moments when things don't go your way. When it wakes, it roars, breathes hot fire, and makes your body feel tight and your words come out fast. The Anger Dragon loves to appear when:

- Someone breaks your toy.
- You lose a game.
- You feel something isn't fair.

It whispers,
“Don't wait—fight back! Yell louder! Show them who's boss!”

But in JiuJitsu, true warriors know that fire can destroy or protect – it depends on how you control it.
If you let it burn too strong, it can hurt others.
If you learn to cool the fire, it becomes your energy and focus.

The Story: Alessia vs. The Anger Dragon

Alessia was an eight-year-old student who loved sparring at the dojo.

She moved fast, laughed loudly, and tried her best every class. But one day, during a training match, her partner accidentally bumped into her and made her fall.

Before she knew it, the Anger Dragon awoke.

It hissed in her ear,
“He pushed you on purpose! Get up and show him how strong you are!”

Alessia's face turned red. Her fists clenched. She could feel the fire rising in her chest.

The dragon's tail wrapped around her shoulders, whispering, "Breathe fire! Don't let them win!"

Just then, Sensei Ryu noticed her eyes fill with tears.

He knelt beside her and said softly,

"Alessia, every warrior feels fire. But the strongest ones learn how to cool it."

He handed her a small cup of water and said,

"Let's take a Dragon Breath."

Alessia took a slow inhale through her nose.

Then she exhaled through her mouth, making a long, quiet "Haaaaa..." sound — like steam escaping from a teapot.

The Anger Dragon blinked, startled.

Its flames grew smaller, turning into warm smoke.

Alessia smiled a little, bowed to her partner, and said, "Let's try again."

The dragon was still there — but it was now her training partner, not her enemy.



Anger Dragon

Learn to cool your fire with calm breaths

The Jiujitsu Lesson

In Jiujitsu, when someone attacks too hard or fast, the answer isn't to hit back — it's to stay calm, move smart, and redirect energy.

Lesson: The Cooling Guard

1. Breathe the Fire Out

- Inhale through your nose for 3 counts.
- Exhale slowly through your mouth like you're cooling soup.
- Imagine turning red fire into white steam.

2. Hold the Guard

- When you feel angry, cross your arms in front of your chest and take a small step back.
- This gives you space — your personal “guard.”

3 Reset and Roll Again

- When you've cooled down, re-engage kindly: “Okay, I'm ready to try again.”
- That's how real martial artists grow strong — not by winning fights, but by mastering themselves.

👉 Moral: Anger isn't bad — it's just energy that needs direction. When you breathe and control it, your fire becomes your focus.



Parents' Guide

Children with ADHD or strong emotional reactions often experience anger as a sudden “explosion” — fast, hot, and hard to control.

The Anger Dragon metaphor helps kids visualize anger as something that can be tamed, not feared.

Try This at Home:

1. Name the Moment

When your child starts to get upset, say gently,
“I think the Anger Dragon is waking up. Let’s use our Dragon Breath.”

2. Practice the Dragon Breath Drill

- Sit together.
- Inhale through the nose (count 1-2-3).
- Exhale through the mouth with a long “Haaaaa...” sound.
- Optional: Place a paper feather or tissue in front of their mouth — challenge them to make it flutter gently, not blast away.

3. Cooling Guard Routine

- Cross arms over chest.
- Step back and take a deep breath.
- Once calm, say, “I’m ready to try again.”

4. Reflect Together

Before bedtime, ask:

“When did the Anger Dragon show up today?”

“What move helped you tame it?”

🎮 Action Game: Dragon Fire Challenge

Setup:

Use a candle or small LED light as “dragon fire.”

Goal:

Your child must “cool the fire” by using long, calm breaths to make the flame flicker (or gently move the tissue if using LED).

Round 1: Quick, angry breaths (see how wild it gets).

Round 2: Slow Dragon Breaths (watch how calm the flame becomes).

Lesson:

When you breathe calmly, you control the fire.

When you rush, the fire controls you.



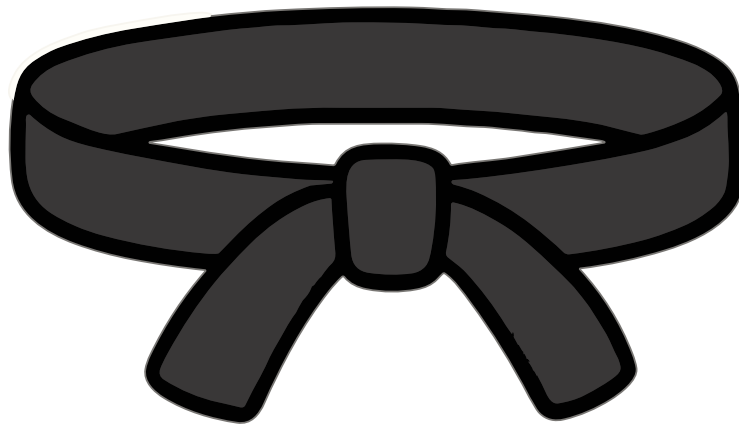
🏆 Belt Stripe Earned: The Calm Flame Stripe

Each time your child practices staying calm during frustration, they earn a Calm Flame Stripe on their Mind Belt.

Create a reward system:

🔥 5 successful Dragon Breaths = 1 Calm Flame Stripe

🔥 3 Calm Flame Stripes = Mini Certificate of Patience



💡 Key Takeaway

Anger is powerful – but so are calmness and control.

Your child doesn't need to fight their anger; they just need to train it.

Through JiuJitsu, every burst of fire becomes another chance to learn patience, balance, and kindness.

“Even dragons can bow when a warrior learns to breathe.”

Chapter 3 – The Distraction Ninja





Chapter 3 – The Distraction Ninja

Staying Focused When the Mind Wanders

Meet the Monster

The dojo is a busy place — the sound of feet on mats, partners rolling, and Sensei’s voice giving calm instructions.

But somewhere in the shadows hides a sneaky trickster called The Distraction Ninja.

You can’t always see him. He moves fast and quietly.

One second, you’re tying your belt. Next, your mind drifts away to something shiny, funny, or loud.

The Distraction Ninja loves making your thoughts jump around.

He throws invisible smoke bombs that make your focus vanish.

He whispers,

“Look over there! What’s that sound? You can finish later!”

When the smoke clears, you realize you’ve forgotten what you were doing.

But in JiuJitsu, focus is part of strength — when your mind wanders, your body follows.

True warriors learn to stay still inside, even when the world moves around them.



Distraction Ninja

Learn to focus your
mind

The Story: Liam vs. The Distraction Ninja

Liam was a bright, playful student who loved asking questions – sometimes too many questions.

He could remember every Pokémon name but often forgot what Sensei just said.

During class, Sensei Ryu asked everyone to practice “guard passes.”

Liam started strong, but suddenly the Distraction Ninja appeared – a blur of gray smoke with a mischievous grin.

He jumped around Liam’s head, waving toy swords and shouting,

“Let’s spin! Let’s talk! Let’s count the ceiling lights!”

Liam giggled, lost his balance, and fell on the mat.

The Ninja laughed and disappeared into thin air.

Sensei Ryu walked over and said softly,

“Your body follows your mind, Liam. Let’s catch that Ninja together.”

He told Liam to sit in a Focus Stance — legs crossed, eyes on one point.

“Breathe,” said Sensei.

“In through the nose, out through the mouth. Just one breath at a time.”

Liam focused on the tip of his belt knot.

The smoke began to fade.

The Distraction Ninja peeked out, confused — “Wait, where’s my smoke?”

Liam smiled, stayed still, and whispered, “Focus stance!”

The Ninja sighed, bowed, and vanished.

Sensei smiled. “Good. You just used your best move attention.”

The Jiu-jitsu Lesson

In Jiu-jitsu, when your opponent moves quickly, you can't chase everything.

You pick one point — their chest, their hips — and you focus. Where the eyes go, the body follows.

Lesson: The Mind Focus Stance

Step 1 – Ground Yourself

Sit or stand tall. Feel your feet or legs touch the ground. Imagine you're rooted like a tree.

Step 2 – Choose Your Focus Point

Pick one thing to look at — your belt knot, a wall mark, or your Sensei's eyes.

Keep eyes soft, not staring hard.

Step 3 – Breathe and Hold

Breathe in through your nose, out through your mouth.

If a thought appears, imagine the Distraction Ninja throwing a smoke bomb — then blow it away with your breath.

👉 Practicing this teaches kids to bring their mind back gently, without frustration.

Simple rule:

"Your breath clears the smoke. Your focus is your sword."



Parents' Guide

Children with ADHD often get lost in a sea of distractions — noises, lights, thoughts, even excitement.

The Distraction Ninja gives them a fun way to externalize the problem.

It's not “you're not paying attention” — it's “the Ninja is trying to trick you.”

How to Help:

1. Name the Ninja

When your child gets distracted, say playfully,
“I think the Distraction Ninja just tossed a smoke bomb!”
They'll smile and get back on track instead of filling blamed.

2. Practice the Focus Stance

At home, use 1–2 minutes each day.

Have your child focus on a single point — a candle, a toy, or a sticker on the wall.

Add breathing: inhale (3 counts), exhale (3 counts).

3. Make Focus Visible

Create a “Focus Chart.” Each time your child stays focused for a set time (homework, brushing teeth, reading), mark one Ninja Star.

After 5 stars = “Focus Stripe.”

4. Praise Effort, Not Perfection

Say: “I saw you catch that Ninja for a few minutes — great job!”

This reinforces small wins and builds self-confidence.

Action Game: Catch the Ninja

Setup:

Place 5 small objects (like erasers or coins) on a table.

How to Play:

- Parent quietly removes one object while the child has eyes closed.
- Child opens eyes and must notice what's missing — using full focus.
- If they catch it, say: “You caught the Ninja!”

Next Level:

Add light distractions — gentle background sound or talking — to build resilience.

Purpose:

Trains selective attention and mindfulness through play.



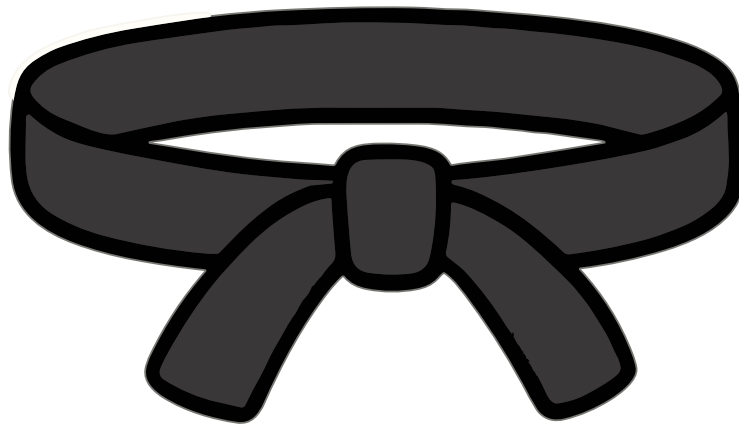
🏆 Belt Stripe Earned – The Focus Stripe

Every time your child completes Focus Stance or stays calm during distractions, they earn a Focus Stripe on their Mind Belt.

Create a small “Ninja Star Tracker” – a chart with five stars to fill in.

When they reach five, say:

“Your mind is becoming strong like a sword.”



💡 Key Takeaway

The mind will always wander — that’s normal.

Focus isn’t about never getting distracted; it’s about noticing when you do and returning gently.

Through patience and awareness, your child learns the secret of every great martial artist:

“A warrior’s strongest move is attention.”

Chapter 4 – The Low Confidence Troll





Chapter 4 – The Low Confidence Troll

Believing You Can Win, One Small Step at a Time



Meet the Monster

Deep inside every mind dojo lives a grumpy creature called the Low Confidence Troll.

He's small, round, and always hunched over – carrying a bag full of doubts and whispers.

He doesn't roar or shout like the other monsters. Instead, he leans in close and mutters,

"You can't do it."

"You'll mess it up."

"Why even try?"

The Troll loves to visit right before something new – a test, a competition, or a big challenge.

He makes you believe you're too small, too slow, or not good enough.

But here's the truth: the Troll lies.

He's not strong – he just sounds loud when your mind is quiet.

In JiuJitsu, every warrior starts as a white belt. Nobody begins perfect. Confidence grows with every small victory.



Low Confidence Troll

Learn to focus your
mind

The Story: Gabby vs. The Low-Confidence Troll

Gabby was one of the quietest students in the Mind Dojo. She loved watching others practice but often stayed at the back of the mat.

When Sensei Ryu asked her to demonstrate a move, she shook her head and whispered, "I can't."

That's when the Low Confidence Troll appeared, tugging at her belt.

He wore a tiny hoodie that said "Not Ready Yet."

He grinned and said,
"Don't go up there. Everyone's watching. You'll mess up and fall."

Gabby's stomach tightened. She wanted to hide.

But then she remembered something Sensei once said:
"Every black belt began as a white belt who didn't give up."
She took a small breath, stepped forward, and knelt on the mat.

The Troll gasped — "Wait, what are you doing? You're not ready!"

Gabby ignored him.

She tried the move once... it wasn't perfect.

But she smiled, took another breath, and tried again.
The Troll started shrinking. His voice became smaller:
"Maybe... you can do it?"

By the third try, the Troll's hoodie had slipped off, and he vanished into a puff of dust.

Sensei clapped and said,
"Confidence isn't about being perfect, Gabby. It's about showing up."

That day, Gabby earned her first Confidence Stripe.

The Jiu-jitsu Lesson

In Jiu-jitsu, progress happens little by little — one move, one belt, one day at a time.
Confidence is built, not born.

Lesson: The Belt-by-Belt Mindset

Step 1 – Small Wins Count

Celebrate every small victory — one clean roll, one deep breath, one "I tried again."
These are your invisible stripes.

Step 2 – Talk Like a Coach

Replace the Troll's voice with your own.
When you hear, "I can't," say out loud, "I can try."

Step 3 – Train, Don't Compare

Every warrior learns at their own pace.
The only person you need to beat is yesterday's you.

👉 Remember: **The Troll grows when you quit, but disappears when you try again.**

Parents' Guide

Children with ADHD or self-esteem challenges often feel failure very strongly.

They need visible progress and gentle encouragement more than perfection.

Try These Approaches:

1. Name the Troll

When your child says, "I can't," ask playfully, "Did the Troll say that, or did you?"

This helps them separate self-doubt from self-worth.

2. Confidence Stripes Chart

Use a simple chart or notebook.

Every time your child faces a challenge and tries again, draw a small stripe or star.

Five stripes = a "Confidence Medal."

3. Model the Behavior

Show your child how you handle your own "troll moments."

Say, "I felt nervous before my meeting too — but I took a deep breath and did it."

4. Praise the Effort

Instead of "You're so smart," say "You worked so hard."

This builds growth mindset — effort over talent.

Action Game: Beat the Troll Challenge

Setup:

Draw a small troll face on paper and tape it to a chair.

How to Play:

- Parent plays the Troll: whispers discouraging phrases like, "You can't do that!"
- Child answers with positive self-talk moves:
 - "I can try!"
 - "I'm learning!"
 - "Every belt starts white!"
 - Each correct comeback earns one point.
 -

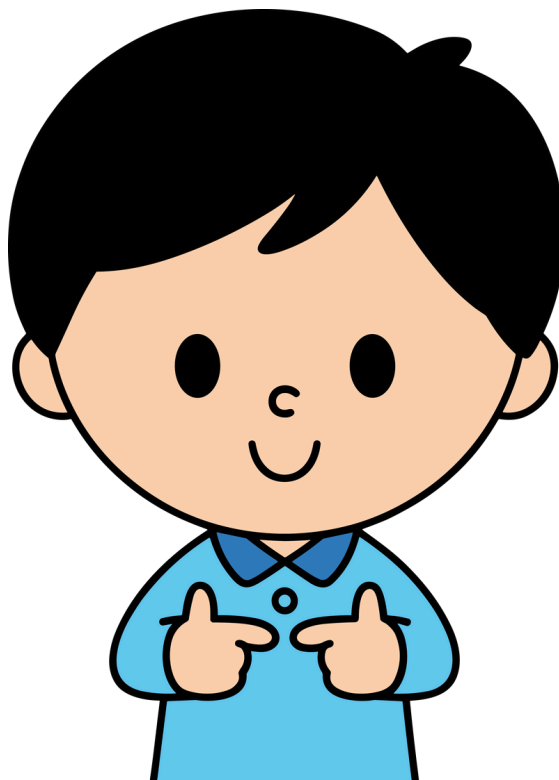
Next Round:

Switch roles — let your child play the Troll!

It builds humor and awareness.

Purpose:

Teaches kids to respond instead of believe — turning doubt into dialogue.



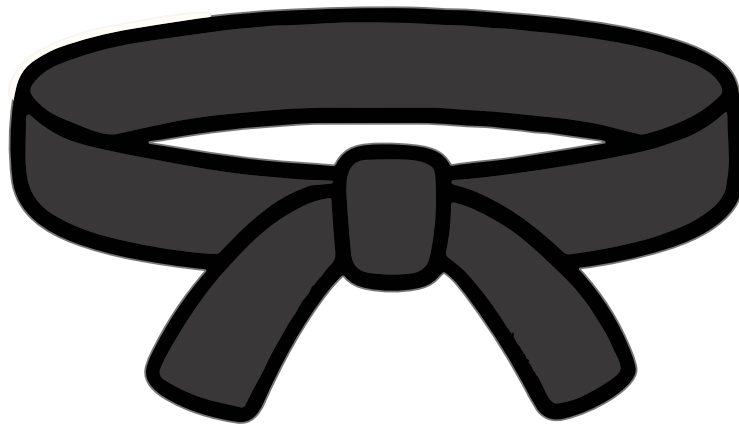
🏆 Belt Stripe Earned: The Confidence Stripe

Each time your child tries again after doubt, they earn the Confidence Stripe on their Mind Belt.

This stripe represents courage to start even when unsure.

Bonus idea:

Print a small sticker that says “I Tried Again!” for immediate reward.



💡 Key Takeaway

Confidence doesn't mean never failing — it means never stopping.

Even small steps forward count as victory.

When kids learn to challenge their inner Troll, they grow stronger from the inside out.

“The Troll loses every time you try again.”

WHAT
IF?

Chapter 5 – The Worry Wizard

WHAT
IF?





Chapter 5 – The Worry Wizard

Calming the “What If” Spells

★ Meet the Monster

Every mind dojo has a wise but tricky creature called the Worry Wizard.

He wears a long blue robe covered in stars, and he carries a staff made from tangled thoughts.

He doesn’t shout or scare you – he whispers questions.

“What if I make a mistake?”

“What if people laugh?”

“What if tomorrow goes wrong?”

His favorite spell is “What If.”

With each question, he stirs up clouds of doubt that make your chest tight and your thoughts spin.

The Worry Wizard means well – he tries to protect you by preparing for everything.

But sometimes, his spells make you forget the most powerful move of all – living right now.

In JiuJitsu, you can’t think about the next ten moves at once.

You must stay present – one breath, one position, one step at a time.

When you calm your mind, the Wizard’s “What If” magic loses its power.



Worry Wizard

Learn to stay present
and worry less

The Story: Angus vs. The Worry Wizard

Angus was a thoughtful nine-year-old who loved to plan everything – his snacks, his games, even which foot he'd step with first in class. But before every tournament, the Worry Wizard appeared, floating above him in a swirl of glowing thoughts.

"What if you lose?"

"What if everyone watches you fall?"

"What if you forget the moves?"

The more the Wizard spoke, the faster Angus heart raced.

His mind filled with so many "What ifs" that he couldn't even tie his belt.

Sensei Ryu knelt beside him and said softly,

"Angus", the Worry Wizard is strong – but he only lives in the future. To beat him, you must step into the present."

He told Angus to take the One Step Stance.

"Just one move," said Sensei. "Forget the rest."

Angus nodded, took one deep breath, and focused on tying just one knot.

Then one more breath – one more movement.

Each small action felt like magic, and soon his belt was tied tight. The Worry Wizard looked confused.

His cloud of thoughts began to fade.

"Wait! Don't you want to know what happens next?"

Angus smiled and whispered, "No. I'm busy with now."

The Wizard sighed, tapped his staff, and vanished with a sparkle.

For the first time, Angus mind felt still – and strong.

Parents' Guide

Children with ADHD or anxious minds often worry ahead — about what might go wrong, who might laugh, or what they might forget.

The Worry Wizard gives parents a way to turn that fear into a story they can manage.

How to Help:

1. Spot the Spell

When your child worries, ask:

“Did the Worry Wizard cast a ‘What If’ spell?”

Naming it helps externalize anxiety.

2. The One Step Rule

Encourage your child to focus on only the very next step.

If it's homework: “Just open the book.”

If it's bedtime: “Let's brush teeth first.”

3. Calm Together

Do a “One Breath Break” together — breathe slowly, exhale longer than you inhale.

4. Praise Effort

Even tiny progress counts!

Say: “You beat the Wizard by doing one step.”

Action Game: The One Step Challenge

Setup:

Create a short list of 3–5 tasks your child needs to do (example: get dressed, pack bag, tie shoes).

How to Play:

- Parent reads the first task aloud.
- Child does only that task, then gives a martial arts bow.
- Parent cheers, “Spell broken!” before saying the next step.

Next Level:

Add “Wizard Interruptions” silly “What If” questions from the parent while the child continues calmly.

Purpose:

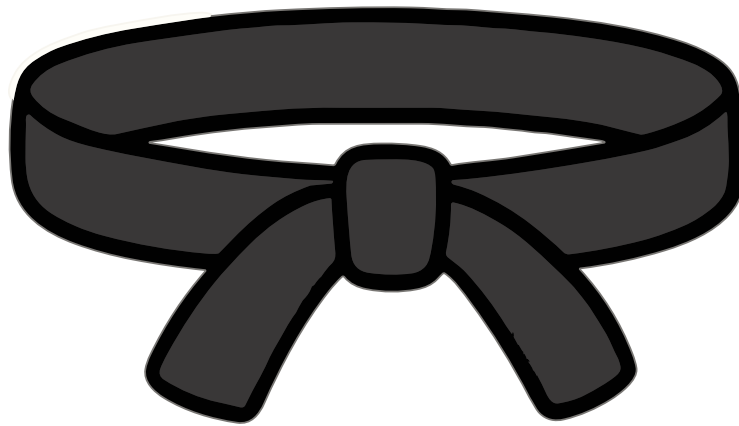
Builds focus, breaks overthinking, and teaches sequencing through play.



🏆 Belt Stripe Earned: The Present Stripe

Each time your child catches themselves worrying about the future and refocuses on the present, they earn the Present Stripe on their Mind Belt.

Print a small wizard hat icon beside this stripe — a reminder that calm beats chaos.



💡 Key Takeaway

Worry can feel powerful, but only when you listen to it.
When you stay in the present moment, the Wizard's spells disappear.

"The Worry Wizard lives in tomorrow — warriors live in now."

Chapter 6 – The Impulse Tiger



Chapter 6 – The Impulse Tiger

Learning to Pause Before You Pounce

Meet the Monster

Fast. Fierce. Flashy.

The Impulse Tiger never waits — it pounces first and thinks later.

You'll find him in every dojo, hiding behind quick hands and jumping feet.

The Tiger isn't mean — he's just too excited.

He wants to win every game, answer every question, and reach every goal first.

He growls:

"Don't wait! Go now! Move before anyone else!"

But the problem is — when you move too fast, you miss your target.

In JiuJitsu, real strength isn't speed alone; it's timing and control.

The best warriors know how to pause, breathe, and choose their next move wisely.



Impulse Tiger
Learn to pause
before acting

The Story: Max vs. The Impulse Tiger

Max loved JiuJitsu more than anything.

He was fast – so fast that Sensei Ryu sometimes called him “Mad Max.”

But Max had one problem: he never waited for instructions.

He would run ahead, start sparring before “Go!”, and talk over his friends during lessons.

One day, during practice, the Impulse Tiger appeared – bright orange, stripes glowing, tail swishing wildly.

He whispered,

“Faster! Jump first! You can win before the others even start!”

Max grinned and dashed forward before Sensei said “Begin!”

He tried a move too early and – WHOOSH! – slipped right off balance, landing flat on the mat.

The Tiger laughed.

“See? You’re strong! You just forgot to roar louder!”

Sensei Ryu walked over calmly.

He knelt beside Max and said,

“The Tiger’s fast, but a warrior’s mind is faster.

Let’s teach your Tiger when to wait.”

Sensei held up his hand.

“Watch my palm. When it lowers, you move. Until then, stay still like a statue.”

Max tried. His body wiggled. His toes twitched. But he stayed still.

When Sensei’s hand lowered – BAM! Max moved perfectly, with balance and power.

The Tiger blinked, surprised.

“Wait... that felt even better?”

Max smiled. “Yep. My Tiger just learned patience.”

The Impulse Tiger bowed respectfully slower this time and padded quietly away.



The Jiu-jitsu Lesson

In Jiu-jitsu, reacting too soon makes you lose your position.
Patience gives you power.

Lesson: The Pause Before Move

Step 1 – The Still Stance

Stand tall, feet shoulder-width apart, hands relaxed.

Before any move, take one breath in and one breath out.

This creates a “pause space.”

Step 2 – The Listening Guard

Look at your partner or teacher.

Don’t move until you see or hear the signal.

Practice listening with your eyes and ears.

Step 3 – The Smart Strike

When the signal comes, move with control — not rush.

Fast isn’t first; calm is first.

👉 Sensei’s Reminder:

“Even tigers learn to wait before they leap.”

Parents' Guide

Children often act before thinking — blurting out answers, running ahead, or interrupting.

The Impulse Tiger helps them see impulsiveness as a character to train, not a flaw to punish.

How Parents Can Help:

1. Name the Tiger

When your child reacts too fast, say playfully,
“I think the Impulse Tiger jumped again — can we help him pause?”

2. Practice the Pause Drill

Use a signal — clap, raise a hand, or say “Wait stance.”
Have your child freeze until the signal changes.

3. Model Waiting

At mealtime or in conversation, show how you take a breath before responding.
Say: “I’m teaching my Tiger to wait too!”

4. Praise the Pause

Notice moments your child stops and thinks before acting.
Reward immediately — stickers, high-five, or a “Calm Tiger” stripe on their chart.

Action Game: Freeze and Flow

Setup:

Play music and let your child dance or move like a tiger.

How to Play:

When music stops (or parent says “Freeze!”), child must stop mid-pose and breathe once.

When music resumes, they move again — smoother and slower.

Next Level:

Add short commands: “Breathe,” “Wait,” “Move.”

Each correct pause earns one “Calm Claw” point.

Purpose:

Teaches control, listening, and patience — turning hyper energy into focused energy.

Belt Stripe Earned: The Patience Stripe

Every time your child waits before acting or remembers to pause before reacting, they earn a Patience Stripe on their Mind Belt.

Encourage them:

“You waited — that’s real strength.”

After five Patience Stripes, reward with a “Calm Tiger Certificate.”

Key Takeaway

Impulse doesn’t make you bad — it makes you fast.

When speed learns to wait, it becomes mastery.

Jiu-jitsu teaches that power without control is chaos, but patience turns power into skill.

“A tiger that learns to wait becomes unstoppable.”

Chapter 7 – The Sadness Shadow





Chapter 7 – The Sadness Shadow

Shaking Off the Heavy Feelings



Meet the Monster

Sometimes, the dojo feels a little quiet.

The lights are dimmer, the mat feels softer, and your body feels slower.

That's when the Sadness Shadow arrives.

It doesn't roar, or hiss, or shout.

It just follows you around, making your chest heavy and your eyes watery.

The Shadow whispers,

"You're alone."

"No one understands you."

"Stay still. Don't bother trying."

But the Shadow isn't your enemy.

It's just your heart asking for rest — and care.

In Jiujiitsu, when you fall, your partner helps you back up.

The same way, when sadness comes, connection is your strongest move.

Sensei Ryu says,

"Sadness means your heart is strong enough to feel.

Let's teach it how to move again."



Sadness Shadow

Learn to move and
find light again

The Story: Zena vs. The Sadness Shadow

Zena was usually full of laughter.

She loved helping new students tie their belts and always cheered the loudest when someone earned a stripe.

But one week, she came to class quiet.

Her smile had disappeared, and she sat in the corner, staring at the mat.

That's when the Sadness Shadow crept in — soft, gray, and heavy.

It wrapped around her shoulders like a blanket.

"Just sit," it whispered. "You're too tired. No one will notice."

Zena wanted to move, but her body felt slow.

When practice began, Sensei Ryu sat beside her quietly.

He didn't ask her to cheer up.

He just said,

"Let's roll with the Shadow."

He showed her how to shake her arms like noodles, roll side to side, and take long, slow breaths.

After a few minutes, her body started to feel lighter.

The Shadow looked confused — it slid off a little.

Sensei smiled.

"Sadness doesn't go away by hiding.

It goes away by moving and sharing."

Zena looked up and said, "Can I help the new white belt today?"

Sensei nodded.

As she helped tie another student's belt, the Shadow faded almost completely — only a soft glow remained.

It wasn't gone, but now it was smaller — and quiet.

The Jiu-jitsu Lesson

When sadness comes, the goal isn't to fight it — it's to move with it.

Motion and connection are the strongest escapes.

Lesson: The Rolling Release

Step 1 – Shake It Loose

Loosen your arms and legs. Wiggle them like noodles.

Say: "Go away, heavy Shadow!"

Step 2 – Roll and Breathe

Lie back on the mat. Hug your knees and roll gently side to side.

Breathe deeply with every roll.

Step 3 – Connect and Smile

High-five your partner or parent.

Sadness can't stay where connection grows.

Sensei's Reminder:

"Sadness is heavy alone but lighter when shared."

Parents' Guide

Sadness is normal — it's the body's way of slowing down to recharge.

For kids with ADHD or emotional intensity, sadness may appear suddenly or look like anger or boredom.

The goal is not to fix it but to move through it together.

How Parents Can Help:

1. Name the Shadow

Say, "It looks like the Sadness Shadow is visiting.

Let's roll it out together."

2. Movement Over Words

When your child can't talk, move instead — stretch, dance, or take a short walk.

Motion activates joy.

3. Connection First

Hug, sit near them, or do a quiet task together.

Physical presence tells their brain, "I'm not alone."

4. Draw the Shadow

Let your child doodle how sadness feels — then crumple it, toss it, or blow it away with "breathing power."

Action Game: Shadow Shake-Off

Setup:

Play gentle background music.

How to Play:

- Parent says: “The Shadow is getting heavy!”
- Child starts shaking arms, legs, shoulders, saying: “Shake it off!”
- Add fun: “Roll like a ball!” or “Jump the shadow line!”

Next Level:

Turn off the light for 5 seconds (“Shadow time”) then turn it back on (“Sunlight time”).

Each “Sunlight” moment, the child smiles or laughs — victory move!

Purpose:

Teaches emotional release through physical play and laughter.



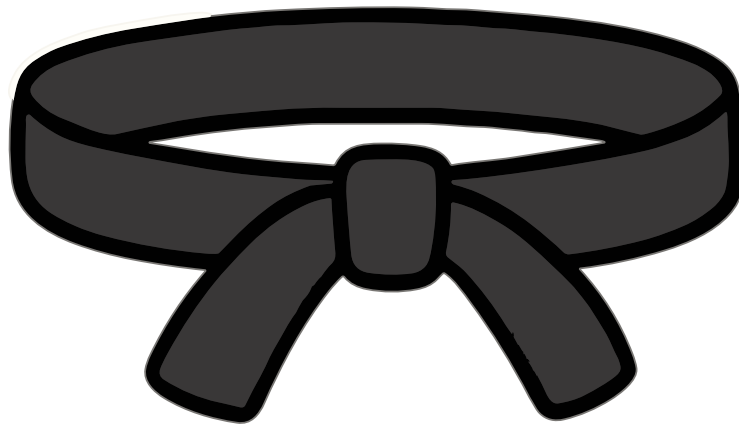
Belt Stripe Earned: The Light Stripe

Each time your child moves through sadness instead of hiding from it, they earn the Light Stripe on their Mind Belt.

This stripe represents emotional courage — feeling deeply and still choosing to rise.

Encourage them to say:

“I can feel and still move.”



Key Takeaway

Sadness isn't weakness — it's proof you care.

When you move, breathe, and connect, sadness transforms into strength.

“Even shadows fade when you roll toward the light.”



Chapter 8 – The Overwhelm Giant

Chapter 8 – The Overwhelm Giant

Taming the “Too Much” Feeling

Meet the Monster

Sometimes life feels like a pile of rocks.

Homework, chores, friends, noise, sports – everything comes at once!

That’s when the Overwhelm Giant stomps into the dojo.

He’s huge, slow, and noisy.

He carries ten bags on his shoulders — each one labeled “Too Much.”

He booms in a deep voice:

“You can’t handle it all! It’s too heavy!”

When the Giant shows up, even small tasks feel impossible.

He drops all the bags at your feet and says, “Carry them now!”

But Sensei Ryu teaches:

“No one carries ten bags at once.

True warriors lift one rock at a time.”

In JiuJitsu, before any move, we find position first — then technique.

You can’t win by doing everything; you win by doing the next right thing.



Overwhelm Giant

Learn to take one
step at a time

The Story: Liam vs. The Overwhelm Giant

Liam was a bright student who loved building LEGO cities.

But at school, his desk was messy, his backpack full, and his thoughts even fuller.

When teachers gave him three assignments, his brain froze.

That's when the Overwhelm Giant appeared – a massive blue-gray figure made of books, papers, and backpacks.

He bellowed,

“So many things! You’ll never finish!”

Liam tried to start everything at once – math, reading, spelling – but it all crashed together.

He slumped on the desk. “It’s too much...”

Sensei Ryu walked in quietly.

He placed three small stones on the mat.

“These are your tasks,” said Sensei. “Which one is most important?”

Liam pointed at the math stone.

Sensei nodded,

“Position before submission – one step at a time.”

Liam took a deep breath, finished one page of math, then placed the first stone in a jar.

He smiled. “One done.”

The Giant grumbled, shrinking a little.

Liam finished reading – the second stone in.

The Giant’s heavy voice grew quiet.

When Liam dropped the third stone in the jar, the Giant disappeared completely, leaving behind one final whisper:

“You didn’t need me after all.”

The Jiujitsu Lesson

In Jiujitsu, if you try to move before finding your position, you lose balance.

In life, if you try to do everything, you lose focus.

The secret is to slow down and choose your “Top Three Rocks.”

Lesson: The 3 Rocks Rule

Step 1 – Empty the Backpack

Write or say everything that feels “too much.”

Pretend to dump it all on the mat.

Step 2 – Pick Your 3 Rocks

Choose only the top three most important tasks or worries.

The rest can wait — they’re smaller pebbles.

Step 3 – Move One Rock at a Time

Do one small action, then celebrate before moving to the next.

Sensei’s Reminder:

“A warrior doesn’t rush the mountain — he climbs step by step.”



Parents' Guide

Overwhelm is one of the most common emotional experiences for ADHD kids.

Their brains want to do everything — which leads to frustration and shutdown.

This chapter helps them learn visual prioritization and emotional regulation.

Try These Steps:

1. The Rock Jar Method

Use three small objects (rocks, toys, paper balls).

Each stands for one task.

When one is done, drop it into a jar with a satisfying “clink.”

2. Visual Declutter

Have your child list all their tasks on sticky notes.

Pick only three to keep on the desk.

Hide the rest for later.

3. Praise Completion, Not Speed

Instead of saying “Hurry up,” say “Nice job finishing your first rock!”

4. Family Practice

Parents can do it too: “My first rock today is finishing work emails.”

Kids love when adults model the system.

Action Game: The 3 Rocks Challenge

Setup:

Gather 3 small items (toy blocks or coins).

Label them with small paper notes (e.g., “Homework,” “Clean room,” “Playtime”).

How to Play:

- Child starts with 3 rocks on one side of the room.
- Each time they finish a task, they carry one rock across to the “Success Zone.”
- Optional: add fun dojo bow between each transfer.

Purpose:

Teaches chunking, progress tracking, and calm focus through movement.

Belt Stripe Earned: The Balance Stripe

Each time your child breaks big tasks into small ones and completes them calmly, they earn the Balance Stripe on their Mind Belt.

This stripe shows strength through patience and clarity. Encourage them to say:

“One rock at a time — I’ve got this.”

Key Takeaway

Overwhelm isn’t a sign of weakness; it’s a signal to slow down. You don’t need to carry the whole world – just your next rock.

“The Overwhelm Giant fades when you lift one task at a time.”

Chapter 9 – The Shyness Fox



🦊 Chapter 9 – The Shyness Fox

Taking One Brave Step Out of the Den

🌱 Meet the Monster

The Shyness Fox doesn't roar, stomp, or shout.

She hides quietly behind the mats, peeking out from her cozy den.

Her fur is soft, her eyes kind — but she's scared of the spotlight.

Whenever it's time to speak, meet new people, or try something new, she whispers,

"Stay quiet. Stay safe. If they can't see you, you can't get hurt."

The Fox means well — she's trying to protect you from embarrassment or mistakes.

But hiding too long makes your world smaller.

Sensei Ryu says,

"Courage isn't loud. It's one small step forward, even while afraid."

In JiuJitsu, every new belt test starts with one bow.

You don't need to be fearless — just brave enough to begin.



Shyness Fox

Learn to stay present
and worry less

The Story: Elyza vs. The Shyness Fox

Elyza loved coming to the dojo, but she rarely spoke.

She bowed quietly, practiced carefully, and smiled only when no one was looking.

One day, Sensei Ryu asked,

“Who would like to demonstrate the guard escape today?”

Elyza froze.

Her heart thumped.

That’s when the Shyness Fox appeared beside her – a tiny red fox curling its tail around her ankle.

It whispered,

“Not you. Someone else will do better. Just stay in your den.”

Elyza looked down, but Sensei’s gentle eyes met hers.

He said,

“The bravest warriors don’t wait to feel ready. They take one small step.”

Elyza took a shaky breath and raised her hand halfway.

The Fox squeaked, “Wait! You’ll trip!”

But Sensei smiled, motioning her forward.

She walked to the front of the mat and tried the move.

Her first attempt was clumsy — but everyone clapped!

The Fox blinked.

“They’re clapping... for you?”

Elyza smiled and bowed.

Her second try was smoother.

The Fox yawned, stretched, and curled up quietly beside her.

“Maybe... I can come out sometimes too.”

The Jiu-jitsu Lesson

In Jiu-jitsu, courage isn't fighting hard — it's showing up.
You can't learn if you never step onto the mat.

Lesson: The One Brave Step

Step 1 – Feel the Fear

Notice the racing heart, the shaking hands — that's your body preparing for bravery.

Step 2 – Take One Small Step

Raise your hand. Say one word. Step forward once.
Tiny moves count.

Step 3 – Celebrate Trying

After each brave step, take a deep bow and smile.
You've already won.

Sensei's Reminder:

"Fear is the fox at your feet. Courage is the step you take anyway."



Parents' Guide

Shyness often hides deep self-awareness.

Kids feel seen — maybe too seen — and freeze.

This chapter helps them turn that pause into progress through safe, gradual exposure.

How to Help:

1. Name the Fox

When your child hesitates, say softly,

“Is the Shyness Fox visiting?”

It makes fear feel smaller and more playful.

2. Bravery Ladder

Write 5 small brave goals:

- Say hello to one classmate.
- Ask a question in class.
- Try a new game.
- Help a friend.
- Speak in front of the group.
- Check off each one after completion.

3. Model Imperfection

Share your own shy moments:

“I felt nervous in my meeting too, but I did it anyway.”

4. Reward the Step, Not the Outcome

Celebrate attempts — even if imperfect.

Confidence grows through effort, not applause.

Action Game: Step Out of the Den

Setup:

Place three spots (paper circles or pillows) in a row on the floor — each one farther from a “den” (a blanket fort or chair).

How to Play:

- Child starts in the “fox den.”
- Parent calls out friendly challenges:

“Say hi!” “Show your bow!” “Try the move!”

- With each challenge, the child takes one step out of the den.

Each step = one courage point.

After three steps, shout together: “I did it!”

Purpose:

Builds gradual bravery through movement and fun.

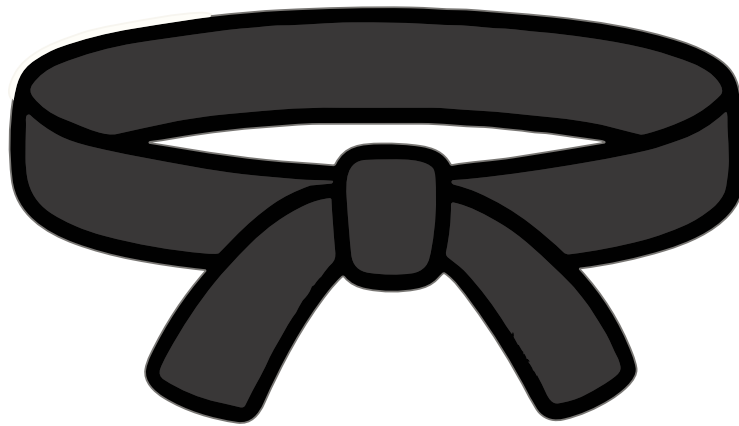
🏆 Belt Stripe Earned: The Courage Stripe

Each time your child steps outside their comfort zone – even a little – they earn the Courage Stripe on their Mind Belt.

Encourage them to say:

“My fox and I can do hard things.”

You can also give a small paper fox sticker for each brave action.



💡 Key Takeaway

Courage doesn't mean you're never afraid — it means you show up anyway.

Each time your child takes one brave step, their world grows bigger and brighter.

“Even the shyest fox learns to run free when it takes one brave step.”



Chapter 10 – The Respect Samurai

Chapter 10 – The Respect Samurai

The Warrior's True Strength

Meet the Samurai

After battling all the monsters — the Stress Monster, the Anger Dragon, the Distraction Ninja, and the rest — the dojo feels different now.

Quieter. Wiser.

And there, standing in the center of the mat, is a tall figure dressed in silver and white armor — calm eyes, soft smile.

He is not here to fight.

He is here to teach.

He is the Respect Samurai.

The Samurai bows and says,

“You have learned how to control your mind and body.

Now, it's time to master your heart.”

The Respect Samurai isn't a monster — he's the guide who shows that true warriors lead with kindness, gratitude, and respect.

He says,

“Power without respect is chaos.

Respect makes every skill shine brighter.”



Respect Samurai

Learn to lead with
kindness and
gratitude

The Story: Gabriel and The Respect Samurai

Gabriel was one of the strongest students in the dojo. He could flip, roll, and escape faster than anyone. But sometimes, when he won, he smirked. When others fell, he forgot to offer a hand.

One day, after a sparring match, Gabriel walked off proudly. But then -CLANG! - The dojo doors opened. The Respect Samurai entered. He bowed low and said, "You fight well, young warrior... but your heart needs training too."

Gabriel frowned. "I didn't do anything wrong." The Samurai smiled, drawing his wooden practice sword. He pointed to the mat where Gabriel's friend was still sitting, rubbing his knee.

"Strength without respect leaves others behind." The Samurai invited Gabriel to bow to his partner, thank him, and help him stand. Gabriel hesitated, then did it.

The moment he bowed, a light shimmered from his belt — glowing gold.

The Samurai nodded. "A true warrior bows first, helps second, and thanks last."

Gabriel smiled, turned to his friend, and said, "Thanks for the roll." That day, he felt stronger than ever — not in muscles, but in mind.

The Jiujitsu Lesson

Respect is the foundation of martial arts.

Every bow, handshake, and “thank you” reminds us that training is a gift.

Lesson: The Three Bows of Respect

Step 1 – Bow to Yourself

Before practice, bow to honor your effort.

Say quietly, “I’m ready to learn.”

Step 2 – Bow to Your Partner

Before and after sparring, bow and say, “Thank you.”

This reminds you that learning happens together.

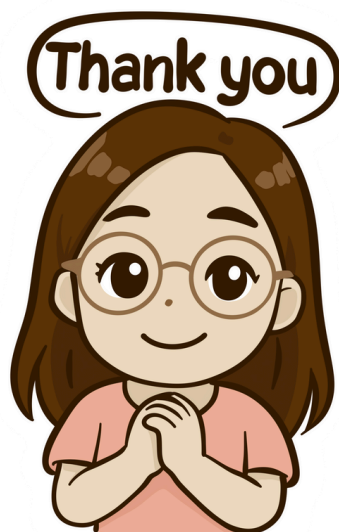
Step 3 – Bow to the World

After class, think of one person or thing you’re thankful for.

Gratitude turns training into wisdom.

Sensei’s Reminder:

“Respect is the belt that holds everything together.”



Parents' Guide

Teaching respect means teaching empathy and gratitude – cornerstones of emotional intelligence.

Kids who practice respect build stronger friendships, better focus, and calmer confidence.

How to Encourage Respect at Home:

1. Model the Bow

Before meals or bedtime, practice a small bow and say, “Thank you for today.”

2. Gratitude Moments

Each night, share one thing each family member is thankful for.

Call it “The Samurai Thank.”

3. Encourage Helping Hands

Ask your child to help siblings or friends – not for reward, but for practice.

Say, “The Respect Samurai would be proud.”

4. Praise Quiet Kindness

Notice small gestures — sharing toys, saying sorry, offering help — and give verbal recognition immediately.

🎮 Action Game: The Gratitude Bow Challenge

Setup:

Create a “dojo space” at home — even a small area on the floor.

How to Play:

- Parent calls out a scenario: “Someone gave you a gift!”
- Child does a short bow and says, “Thank you.”
- Next: “You dropped your friend’s toy!” → Bow and say, “Sorry.”
- Repeat with different situations (helping, teamwork, patience).

Next Level:

Add “silent bow” moments — showing that respect isn’t just words, it’s actions.

Purpose:

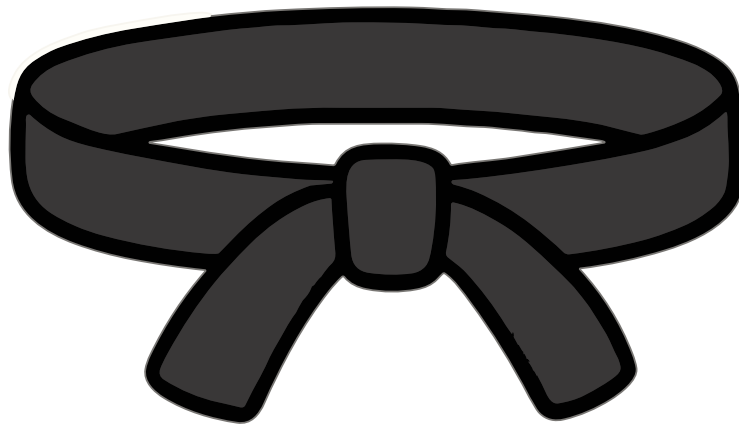
Teaches social awareness, gratitude, and peaceful response through play.



🏆 Belt Stripe Earned: The Honor Stripe

When your child practices kindness, patience, or gratitude, they earn the Honor Stripe on their Mind Belt. This is the final stripe before their Mind Martial Arts Black Belt. Encourage them:

“The greatest warriors always bow first.”



💡 Key Takeaway

Respect is the heart of martial arts — and of life.

When your child shows respect for themselves, others, and the world around them, they complete their training.

“The warrior who bows with gratitude never loses balance.”

Jiu-jitsu Metaphors — Explained Simply

Every move you learn in the Mind Dojo has a secret meaning. These lessons aren't just for the mat – they're for life. Here's what Jiu-jitsu really teaches us when we train with our minds.

Pressure = Stress

When someone is on top of you in Jiu-jitsu, you feel pressure – heavy, tight, hard to move.

In life, stress feels the same way.

The more you fight against it, the stronger it feels.

But when you breathe, make space, and move smartly, the pressure gets lighter.

Sensei says:

“When pressure feels heavy, don't panic.

Breathe. Create space. Then move.”

Escapes = Coping Strategies

In Jiu-jitsu, escaping means getting out of a tough position without hurting anyone or yourself.

In life, escapes are how we calm down, ask for a break, or use a breathing skill.

You're not running away – you're choosing a smarter way out.

Try this:

When you feel trapped by a feeling, take a deep breath and imagine rolling free.

That's your “Emotional Escape Move



Guard = Boundaries

Your guard protects you — it's the space between you and your opponent.

In life, your emotional guard is your boundaries.

It's okay to say "no," "stop," or "I need space."

Having a guard doesn't mean you're hiding — it means you're safe enough to stay calm.

Sensei says:

"A strong guard doesn't block people out.

It helps you stay safe while you learn."



Tapping Out = Asking for Help

In JiuJitsu, when you're stuck in a move and can't escape safely, you tap your partner — it's a sign of wisdom, not weakness. It means, "I've reached my limit. Let's reset."

In life, tapping out is the same as saying,

"I need help."

"I need a break."

It's not giving up — it's giving yourself space to learn again.

Sensei says:

"Even champions tap out sometimes.

The smartest warriors know when to rest."



Rolling = Practicing Life Safely

Rolling in JiuJitsu means sparring — practicing moves in real motion, but safely and respectfully.

In life, “rolling” means trying your best every day – testing your skills, learning from mistakes, and helping others grow. When you roll with kindness, you always win.

Sensei says:

“Life is one big roll.

Practice with care, not force.”

When we train in JiuJitsu, we’re not just learning how to move we’re learning how to breathe, think, and live with balance.

Every roll, every tap, and every deep breath teaches us something bigger:

that calm is stronger than chaos,

kindness is braver than anger,

and patience is the real power behind every black belt.

Sensei Ryu always says:

“The body learns the move.

The mind learns the meaning.

Together, they make a warrior.”

So, as you turn the next page and continue your journey, remember — the Mind Dojo is always inside you.

Every time you take a calm breath,
you’re already training.



The Mind Belt Journey begins now.

Games, Tips & Exercises

Here are fun games and mini-exercises to help you and your child practice what you've learned in the Mind Dojo. Each one builds focus, calm, confidence, and teamwork — all through play.

Earn Your Power Points!

At The Academy, young warriors earn Power Points for showing calm focus, patience, and kindness. You can earn them too — right here at home!

How to play:

1. Use any Mind Martial Arts skill (deep breathing, patient waiting, or kind words).
2. Each time you use one, earn 5 Power Points.
3. Collect 100 Points to unlock your next Mind Belt Stripe!

Parents can mark Power Points with stickers  or stars on a chart.

Every small act of focus or respect counts!

🌱 Games, Tips & Exercises



🧩 Games, Tips & Exercises

🔥 1. Dragon Breath (Anger Control)

Breathe in through your nose.
Exhale through your mouth with a long “Haaaa...” like cooling fire.

Repeat 5 times to calm your inner dragon.

🐼 3. Calm Stripe Challenge (Stress Control)

Lie on your back with a small toy on your belly.
Try to move it up and down slowly with deep breaths.

If it stays balanced, you’ve escaped the Stress Monster!

🧠 5. Troll Talk Flip (Confidence Builder)

Parent plays the Troll and says, “You can’t do it!”
Child answers: “I can try!”

Each comeback earns a point.

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🥷 2. Ninja Invisibility Breath (Focus Practice)

Close your eyes.
Breathe quietly and slowly like a ninja trying not to be found.
If you can stay silent for 20 seconds, you earn “invisibility power.”

🐅 4. The Still Stance (Impulse Tiger Training)

Parent raises hand — child freezes.
When the hand lowers, move smoothly.

This teaches patience and timing.

🪨 6. The 3 Rocks Game (Overwhelm Control)

Write three tasks on paper “rocks.”
Finish one task, then move one rock into a “success jar.”

Helps focus on one thing at a time.

🦊 7. Fox Step Challenge (Bravery Practice)

Place 3 pillows leading out of a “fox den.”
Each step out means one brave action — saying hello, asking a question, trying again.

🧩 Games, Tips & Exercises

🤝 8. Respect Bow Game (Kindness)

Take turns bowing to each other after small actions — helping, sharing, or calming down.
Say “Thank you” each time.

Teaches gratitude and social connection.

🌪️ 9. Shadow Shake (Sadness Release)

Play soft music.
Shake arms, legs, and body for 30 seconds to “shake off” the Sadness Shadow.

Then take a deep breath and smile.

🦋 10. One Step Focus (Worry Control)

When tasks feel too big, pick just one step.
Say out loud: “I can do this first.”

Then bow when you complete it.





Final Belt Test – Mind Martial Arts Graduation Day

You've Trained Your Mind. Now You Earn Your Black Belt.

☀️ Welcome to the Final Belt Test

You've faced every monster in the Mind Dojo — the Stress Monster, Anger Dragon, Distraction Ninja, Low Confidence Troll, Worry Wizard, Impulse Tiger, Sadness Shadow, Overwhelm Giant, Shyness Fox, and finally the Respect Samurai.

Each one tried to challenge you.

But every time, you learned something new — how to breathe, how to focus, how to try again, and how to be kind.

Now it's time to take your Final Belt Test — not to fight, but to remember.

🧠 The Test of the Mind

Sensei Ryu steps to the center of the mat.

He smiles and says,

"Every warrior faces two battles – the one on the mat, and the one inside their mind.

You have learned to win both."

He holds out a blank black belt.

"This belt isn't for punches or kicks.

It's for your mind — calm, kind, and strong."

🌸 Your Final Lesson: The Three Secrets of the Mind Martial Artist

1. Calm Mind

You breathe before reacting.

You let stress and anger pass like waves.



2. Brave Heart

You keep going, even when afraid or unsure.

Courage isn't the absence of fear — it's moving with it.



3. Respectful Spirit

You help others, share kindness, and bow with gratitude.

The strongest warriors lift others up.



Your Final Challenge

**Sensei places ten colored stripes in front of you
one for every monster you faced**

Stripe	Lesson	What You Learned
Calm Stripe	Stress Monster	Breathing under pressure
Flame Stripe	Anger Dragon	Cooling your fire
Focus Stripe	Distraction Ninja	Attention and patience
Confidence Stripe	Low Confidence Troll	Believing in small wins
Present Stripe	Worry Wizard	Living in the now
Patience Stripe	Impulse Tiger	Pausing before you act
Light Stripe	Sadness Shadow	Moving through emotions
Balance Stripe	Overwhelm Giant	Taking one step at a time
Courage Stripe	Shyness Fox	Stepping forward bravely
Honor Stripe	Respect Samurai	Living with kindness & respect

**When you master all ten, your belt shines black – the color of
calm mastery.**

Sensei ties the belt gently around your waist.

“This black belt means you have trained your thoughts, your
feelings, and your heart.

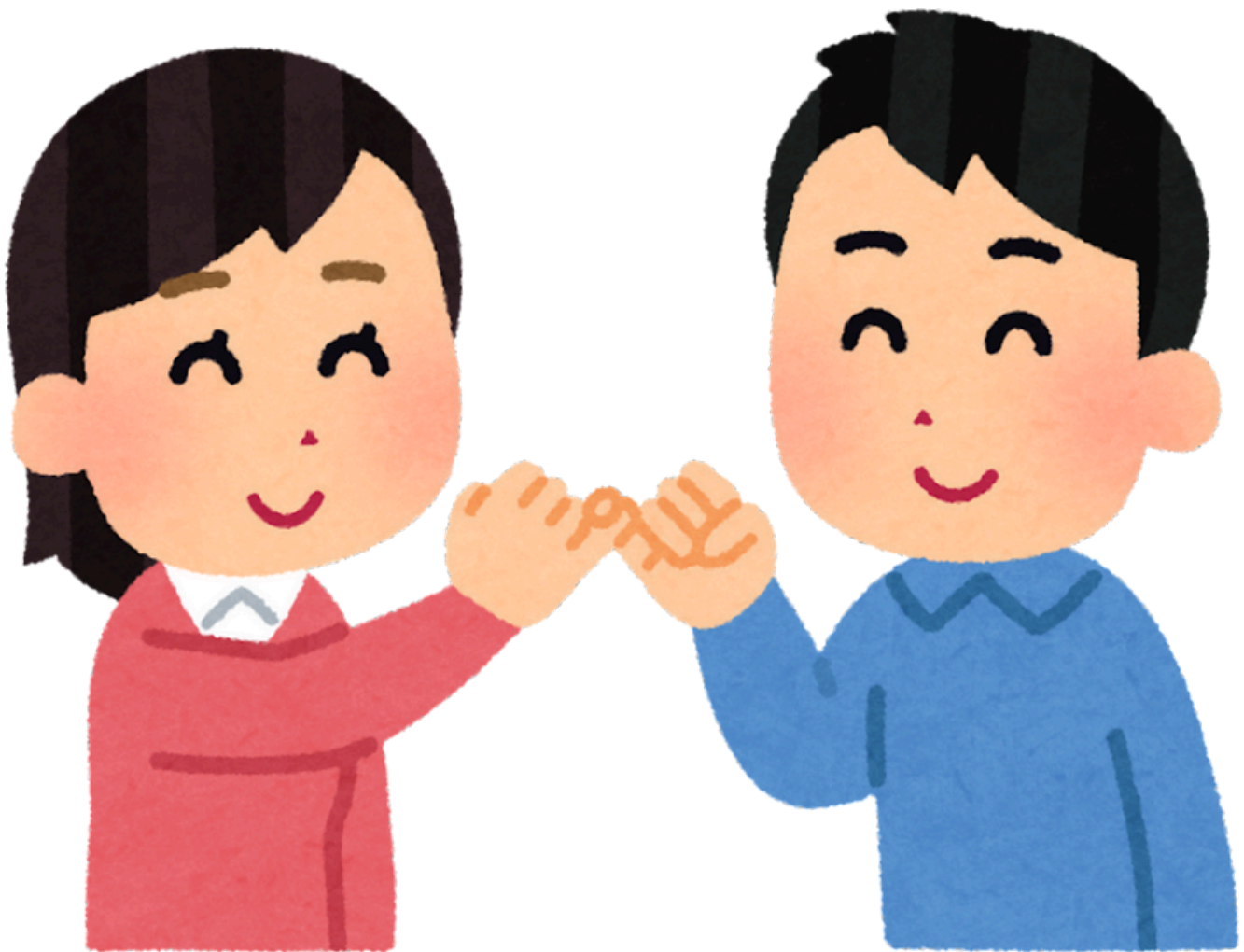
You are now a Mind Martial Artist.”

★ The Mind Martial Artist's Promise

Before you receive your Black Belt, repeat this promise just like real martial artists do:

- 👐 I promise to listen, learn, help and have fun.
- 👐 I will show respect in and out of class.
- 👐 I will stay calm when angry and brave when afraid.
- 👐 I will stand up for what's right and ask for help when I need it.

“This is the true spirit of Mind Martial Arts.” – Sensei Ryu





Mind Martial Arts Black Belt Certificate



Student Name: _____

Date of Completion: _____

Sensei's Signature: _____

🏆 Awarded for mastery of self-awareness, calmness, courage, and respect

Sensei's Closing Words

"Life will bring new monsters – new worries, new frustrations, new fears.

But you already know every move.

Remember your breath, your patience, your kindness – and you will always win."

He bows deeply.

All the monsters – now friendly and smiling – bow beside him.

The dojo fills with light, laughter, and calm.

And you realize – the real power was never about fighting others.

It was about mastering yourself.

Mind Dojo Training Notes

Use this mini-journal to track your child's weekly progress.

Week	Focus Skill	Monster Worked On	Progress Notes
1	Calm Breathing	Stress Monster	_____
2	Patience	Impulse Tiger	_____
3	Kindness	Respect Samurai	_____
4	Confidence	Low Confidence Troll	_____

Parent Reflection Page

My child's favorite monster was:

The skill we practiced most was:

I noticed my child showing more:

☐ Patience ☐ Focus ☐ Confidence ☐ Calmness ☐ Respect

Our family's "Mind Martial Arts Promise" is:

The Final Bow

Take one last deep breath together.

Place your hands on your knees, bow your head, and whisper:

“Thank you, Mind Dojo.

I’m ready for the world.”

The journey doesn’t end here — it just begins.

Wherever life takes you, your Mind Belt stays with you — invisible, but unbreakable.

Special thanks to The Academy and Tradeview for inspiring this program and for teaching the true spirit of Mind Martial Arts.