

## ATTN: ALL JUNIOR SAMURAI!

Yes, YOU!

**This is Punchy the Glove speaking, and I have a special assignment for you.** Students who complete this task will receive a special **Black Stripe** on their belt!

There are a lot of new students at the North Star Academy lately, and part of our job as Samurai is to help others. **As we say in our creed: "I will help those in need!"** *Well, now's your chance!*

**You see, this month is all about helping others and setting a good example.** From little things like shoveling some snow or giving someone we love a big hug, to bigger things like making ourselves available around the house to help in every and any way.

**So, I have an important (and fun) job for you.** I need you to help lead by example and give some advice to the newer students here. That's it! It's pretty simple -- there are two projects to complete.

First, can you draw a picture of yourself performing your most favorite martial arts technique? We've included a boxing ring scene for you to use in your art! Make sure to put your name in the box on the bottom ropes. **We will frame and hang each students' picture in the academy**, so make sure to do an awesome job and be as creative as possible! You can use crayons, markers, pens, pencils, collage. Your imagination is the limit.

Why? Well, sometimes, helping someone else is as simple as giving them some inspiration. Showing off your favorite techniques will definitely inspire everyone here at the academy (including your coaches) to continue to work hard and do their best!

Second, complete the worksheet below. Do your best job in writing out the most important advice you'd give to someone who's starting martial arts for the first time and how you've overcome your challenges. Your experience can be really helpful to people! If you're not sure what to write, here are some questions to help you out:

1. If I could go back in time and speak to myself before I first started martial arts training, what would I tell myself?
2. What is one of the most challenging things I have overcome in martial arts, and what did I learn about myself in the process? How could that experience help someone else who may go through a similar challenge?
3. What's my favorite way to get prepared for class, and how does this help me improve my martial arts?

My Name Is: \_\_\_\_\_

My Age Is: \_\_\_\_\_ My Favorite Color(s) are: \_\_\_\_\_

My Best Advice For Someone Who Just Started Martial Arts Is: \_\_\_\_\_

---

---

---

---

The Best Part About Learning Martial Arts Is: \_\_\_\_\_

---

---

---

---

(OFFICE USE ONLY -- WE WILL PLACE A PICTURE OF YOU HERE!  
WE WILL TAKE THIS PICTURE NEXT TIME YOU ARE IN CLASS SO  
MAKE SURE TO BRING YOUR BELT AND PRACTICE YOUR  
COOLEST MARTIAL ARTS POSE!)

