



# COURAGE

RIPPLE EFFECT  
Martial Arts



**Courage** means having the strength and willingness to confront pain, danger, uncertainty or intimidation.

*Black belt training builds courage, and courage builds confidence.*

Name: \_\_\_\_\_

Courage comes from the heart, and it requires taking action. How would you take action if you saw someone being hurt, harassed or bullied? \_\_\_\_\_

KIDS: How do your parents show courage? \_\_\_\_\_

PARENTS/COACHES: Describe a time when your kid(s) have shown courage. \_\_\_\_\_

Describe a time you've shown courage in your black belt training (BTW, this counts even if you're still at white belt)? \_\_\_\_\_

FAMILY DISCUSSION: How is an upstander different from a bystander? \_\_\_\_\_

**Draw something that makes you afraid.**



**Draw yourself crushing it with courage.**

