



Longoria's TMA Leadership Program

Leadership in martial arts isn't just about mastering techniques and learning how to punch and kick; it's about shaping discipline, and empowered individuals who can lead both on and off the mats.

Who Is Eligible?

- Advanced Juniors (Blue Belt & Up)
- Advanced Teens and Adults (Blue Belt & Up)

How Much Does It Cost?

- Nothing! It is already included as part of your training.

When Is It?

- An additional feature of regular class time

Each month will focus on a different *Tenet*, or *theme* in our Leadership. One of our goals is to foster conversation off the mats. You may find your student coming home asking a question or for your feedback. This is intentional, as each week has a *Next Step or Challenge* we're issuing. You can also find opportunities on the ride home or around a meal to ask; "hey, what are you learning about leadership this week?"

So you as parents/trusted adults are better equipped you'll find information on the backside for this month's topic. Please let us know if you have questions or feedback on how the Leadership Program is impacting your youth.

This is all part of the **GTMA Leadership Program** rolled out to our entire GTMA Family. A bonus for us at Longoria's is the writers of the program is here in Lincoln and a Longoria's family, at *Leadership Harbor*. If they can be of help to you please reach out.



Parents/Caregivers, Our friends, and partners at **Leadership Harbor** are here to support you. Join the Leadership Harbor Youth Impact Division Facebook Group. A place to share, converse, think, and grow together as Parents, Educators, and others who have an Impact on Youth. facebook.com/groups/leadershipharboryouthimpact



Courtesy - what is it and why do we need it? Showing courtesy, having respect, and having a positive attitude are often the first things others can see in an interaction with us.

(Jan 8) Week 1: Courtesy - For Myself - Just as you must lead yourself before you lead others, courtesy starts with ourselves.

- Define courtesy; showing politeness in attitude and behavior toward others.
- Ways to show courtesy to oneself: self-talk, caring for physical and mental health.
- Consistency is key: How to build a habit of showing courtesy/respect for oneself.
- Share one way to increase courtesy for oneself and plan for accountability.

NEXT STEP/CHALLENGE: Have a discussion with your family this week about courtesy for self - ask them how they might show courtesy for themselves.

Parent Point: "Courtesy starts at home, with ourselves, in the mirror. When we grasp that, we can truly show courtesy and respect to those around us." - Chris Hansen

(Jan 22) Week 2: Courtesy - It Adds Value - We are people of value who value people. When we show courtesy to those around us, it adds value to them from the onset.

- Discuss adding value to others in the community, school, and families.
- Impact of courtesy and lack of courtesy on feelings.
- Examples of showing courtesy and adding value outside the martial arts community.
- Plan to quietly go above and beyond in showing courtesy to others during the week.

NEXT STEP/CHALLENGE: Talk about ways with your family that you can all show courtesy to each other and add value around your home.

Parent Point: "You add value to people when you value them." - John Maxwell

(Jan 29) Week 3: Courtesy - In Word & Deed - When we show courtesy to others, our words and deeds must be in alignment.

- Courtesy is about communication: verbal and non-verbal.
- Extend martial arts courtesy beyond the mat into communities
- Share examples of times when courtesy was challenging
- Equip students to be Black Belt Leaders in all situations.

NEXT STEP/CHALLENGE: Ask your trusted adult to share an example of a time someone unexpectedly showed courtesy to them. How did they feel/respond?

Parent Point: "When it comes to showing courtesy and respect, overdeliver. You and the recipient will not walk away disappointed." Chris Hansen

(Feb 5) Week 4: Courtesy - Does it Stand? - Courtesy has to stand a test. If we want to be genuine, we've either got to choose courtesy all the time or none of the time.

- Courtesy as a choice and the consequences of leaving it out.
- Modeling courtesy as Black Belt Leaders and influencing others.
- Discuss characteristics to model and ways to increase courtesy in the community.

NEXT STEP/CHALLENGE: Ask your trusted adults if they can think of someone they know who consistently shows a level of courtesy. Discuss with them the characteristics that person displays and how each of you can be more intentional to do those too.

Parent Point: "Life is short but there is always time for courtesy." - Ralph Waldo Emerson

