



## 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](https://facebook.com/groups/leadershipharboryouthimpact)

**Integrity** - is the quality of being honest and having strong moral principles. A key aspect of a strong Black Belt Leader is having integrity intact. It involves being honest with oneself and others, following through on commitments, and rising above basic expectations. A leader loses followers when integrity is compromised.

**(Mar 11) Week 1: Integrity - My Words Match My Actions** - When our words and actions align, that is the crossroads of Integrity.

- Defining integrity and recognizing instances of its absence.
- Understanding the impact of integrity on leadership.
- Reflecting on personal examples where words and actions aligned or diverged.
- Committing to displaying integrity consistently.

**NEXT STEP/CHALLENGE:** Share examples of integrity with your trusted adult.

**Parent Point:** "When you lose your integrity, you lose your influence. Without influence, at most, you're left with just a title." - Chris Hansen

**(Mar 18) Week 2: Integrity - When No One is Watching** - When no one is watching, our decisions still matter.

- Debating whether actions matter when unobserved.
- Reflecting on personal consistency across different scenarios.
- Sharing examples of behaviors maintained regardless of others' presence.
- **NEXT STEP/CHALLENGE:** Discuss the importance of integrity with your trusted adult.

**Parent Point:** "Integrity is doing the right thing even when no one is watching." - C.S. Lewis

**(Mar 25) Week 3: Integrity - Own It!** - Taking responsibility for our actions is key to integrity.

- Reflecting on personal experiences of owning up to mistakes.
- Understanding the importance of accountability for leaders.
- Exploring the concept of giving credit and taking responsibility.

**NEXT STEP/CHALLENGE:** Discuss ownership of mistakes with your trusted adult.

**Parent Point:** "You made a mistake. Own it. Learn from it. Move on." - Chris Hansen

**(Apr 1) Week 4: Integrity - In Our Community.** - Understanding how integrity impacts our martial arts community.

- Defining integrity and identifying examples within the community.
- Discussing the burden of leadership and its impact on reputation.
- Exploring the consequences of integrity breaches in various settings.
- Valuing honesty and integrity as essential components of leadership.
- **NEXT STEP/CHALLENGE:** Discuss modeling integrity with your family.

**Parent Point:** "Leadership is about integrity, honesty, and accountability. All components of trust." - Simon Sinek

