

It takes diligence to train our children in good character and praise them each day. However, the end results are worth every sacrifice. This letter has tips to help you at home as you reinforce the character training that your child is learning in our karate classes.

1. If you invest a few minutes a day and implement some of the ideas in this monthly letter at home you will help your child get SO MUCH MORE out of the time you spend at our school as well as establish patterns for successful behavior as adults.
2. If you do not have interest or time to read this entire newsletter. We encourage you to please take a few seconds and just scan through the different topics.
3. Try it for a month! Print out this newsletter, and then each day pick something to discuss and practice with your children.

Here is an idea: We have five 'I wills', one scripture, and one definition. That is seven things total. What I try to do is take one of those seven things and discuss it, explain it, and catch my child doing it and applying it that day. Or, if they missed an opportunity to apply it I try to show them how they could have used it. So after one week, I will have reviewed all seven and I repeat it each week of the month.

I take very seriously the opportunity you give me by allowing me to partner with you to teach your child the things of God. So, I ask and encourage you to help me with your prayers. Please join us in prayer every class your child attends for God to open his or her eyes, ears, and heart to understand and apply His truth that we will be sharing that day. Also, please pray for us that we would be good stewards of the time you have given us with your child and we would be faithful witnesses of our Lord and His word. Every class, every time, please join with us in prayer. No Prayer – No Power. Much prayer – Much Power.

The Power of a Partnership and Consistency

I hope for the chance to expose your child to sound Biblical Character Training over a long period of time. And Lord willing, the longer the term of exposure to this curriculum the BIGGER the impact will be on your child and what he or she can achieve in life... **keeping in mind that life is all about the glory of God.**

And your child will be exposed to this character building curriculum everyday you visit our school!

Enjoy the Parent preview below:

FLEXIBILITY vs. RESISTANCE Parent Preview

Definition for Class:

FLEXIBILITY is not becoming attached to ideas or plans which could be changed by my authorities.

Definition for Tiny Tigers:

Flexibility is not getting upset when plans change.

Other definitions:

- **Ultimately FLEXIBILITY is based on the desire and delight to do the will of God, and an inflexible attitude reveals an insistence to do our own wills.**
- **You will be flexible when you are delighted to do the will of God.**
- **Flexibility is not setting my affections on plans or places that could be changed by those whom I am serving.**
- **Flexibility is willingness to change my plans or ideas according to the direction of my authorities.**
- **The deeper our roots go into the love of Christ, the greater our capacity for flexibility.**
“¹⁷ so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, ¹⁸ may have strength to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹ and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.” Ephesians 3:17-19
- **A person who is resistant to adopt God’s ways will usually be flexible to accept false ideas.**
“¹⁴ so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.” Ephesians 4:14
- **It takes the wisdom of God to know when to be flexible and when to be firm.**
- **Flexibility is being ready and willing to move when God says move and to stay when God says stay.**
- **There is a natural tendency to resist flexibility when we view this world as our final destination.**
- **The more encumbered we are with earthly cares, the less we will demonstrate flexibility.**
“⁴ No soldier gets entangled in civilian pursuits, since his aim is to please the one who enlisted him.” 2 Tim 2:4
“³⁴ For where your treasure is, there will your heart be also.” Luke 12:34

Application for Home and Life Skills Development:

WHY TEACH FLEXIBILITY? Children often find themselves in a position with little or no control over their schedule, assignments or plans. They follow the directions of their authorities, just as adults must.

1. I will not get upset when plans change.
2. I will respect the decisions of my authorities.
3. I will not be stubborn.
4. I will look for the good in changes.
5. I will not compromise what is right.

Scripture Memory for class:

The heart of man plans his way, but the LORD establishes his steps. Proverbs 16:9 (ESV)

- **Biblical Commentaries on FLEXIBILITY at bottom of this letter**

Don't Forget to Review

When parents review past character qualities, your child can see how new qualities fit into the overall picture. Every quality builds on the next, working in harmony to strengthen and balance each other.

Recognizing past qualities also motivates your child who may struggle with a current lesson. For example, your child may have struggled with being diligent, but may show great initiative. By reminding your child about previous successes in taking initiative, it will be an encouragement that success is possible in becoming diligent, too!

The Concept of FLEXIBILITY

Change is one of the most dreaded experiences people encounter, yet one of the most valuable. Comfortable patterns, familiar surroundings, and secure environments all are hard to change, yet without such changes people are unable to expand their horizons.

Flexibility helps people hold on to things that don't change and let go of things that do change. With flexibility comes security. It helps people to look beyond the fear of change to see its value. Flexible people react automatically to changing plans and accept it as an important part of life. They see the bigger picture – which enables them to respond to transitions sensibly, rather than emotionally.

Praising Character vs. Achievement!

Effective praise requires teachers and parents to analyze the attitudes behind visible action. When children cooperate, it could be a demonstration of obedience, flexibility, deference or it could be mere compliance.

Ways to Praise FLEXIBILITY

PRAISE CHILDREN FOR THE FOLLOWING:

- Receiving changes to schoolwork or chores with good attitude, even if it means re-doing it.
- Accepting interruptions such as errands without becoming upset.
- Not getting angry when playtime is changed or replaced with something else.
- Cheerfully stepping aside when the teacher appoints someone else to be first in line.
- Remaining calm when chores or responsibilities are changed.

Illustrations Used in KK4C Class

- Along with teaching and expanding on the above definition, the 'I Wills', and scripture, **FLEXIBILITY** will be illustrated using:
- **The Character Card of the Month – FLEXIBILITY in nature with the HUMMINGBIRD.** Hummingbirds demonstrate amazing flexibility. These agile 3 ½ inch birds dart from flower to flower. Their flexibility allows them even to catch flies in mid-air.

- **Hero's of Character with the 54th Massachusetts Regiment** – Their country needed them and they answered the call. But things were not easy for the soldiers. We will discover how over 1,000 men properly responded to their authorities and dealt with constant change. No one expected they would accomplish what they did. No one dreamed the legends they would create. But the world was in for a surprise when the Massachusetts 54th Regiment entered the stage of history.

Character Card Tips

Character is useless unless it is a part of everyday life. Use the character cards and join with us in teaching your child the ‘I wills’ by saying, “Here are ways you can practice **FLEXIBILITY.**” Then read the “I wills” on the back of the card.

Then elaborate on each one from your own life sharing personal illustrations of when you did what was right or did something that was wrong. Be sure to emphasize that there were benefits to right choices and consequences to wrong choices.

Personal Evaluation – How **FLEXIBLE** are you?

1. When plans are changed, do you get discouraged, or do you immediately look for reasons why the new plans are better?
2. Do you quickly adjust to a change of direction, or does it require time for you to mentally and emotionally adjust?
3. When you learn that you must move, does it cause anxiety in you, or do you rejoice in it as a further reminder that you are a stranger and a pilgrim?
4. Do your parents have to explain instructions twice, or do you understand what they mean the first time?
5. When God calls you to a ministry or work, do you resist and make yourself busy with other activities?
6. When others suggest a better way to do something, do you try it or do you keep doing it the way you had been doing it?
7. Do you misuse flexibility by having no daily plans or life goals?
8. Is your life so encumbered with possessions and debt that it would be impractical or impossible to exercise flexibility at the leading of the Lord?
9. Are the thoughts of your heart in harmony with the will of God so that changes are easy transitions?

FLEXIBILITY in the Home Includes:

- Being willing to change ideas or plans based on the cautions of one another.
- Being open to one another's suggestions on how to improve home life.
- Welcoming family emergencies as opportunities to build character.
- Giving up activities that conflict with family priorities – without griping.

Rewards of **FLEXIBILITY**

- **INSIGHT** – The willingness to change one's ideas or plans in favor of another's gives new insight into activities or perspectives not yet explored.
- **SUCCESS** – Resisting the good advice of others may lead to wrong decisions. If one is willing to change his or her plans in response to good advice, success will result from wise decisions.

Biblical Commentaries on **FLEXIBILITY**

The heart of man plans his way, but the LORD establishes his steps. Proverbs 16:9¹ (ESV)

1. Sovereign God overrules the plans of men to fulfill His purposes.²
2. If men make God's glory their end, and his will their rule, he will direct their steps by his Spirit and grace.³

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Character First! Education Series 3, Booklet 6, Oak Brook, IL;
International Association of Character Cities. (2000). Achieving True Success.
Institute of Basic Life Principles. (2001). The Power of True Success

¹ *The Holy Bible : English standard version.* 2001 (Pr 16:9). Wheaton: Standard Bible Society.

² MacArthur, J. J. (1997, c1997). *The MacArthur Study Bible* (electronic ed.) (Pr 16:9). Nashville: Word Pub.

³ Henry, M., & Scott, T. (1997). *Matthew Henry's Concise Commentary* (Pr 16:9). Oak Harbor, WA: Logos Research Systems.