



PARAGON MARTIAL ARTS

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Dear Parents,

Flying Start – Good Manners

Manners make a Black Belt!

This month during the *Flying Start* portion of class, our topic will be good manners.

We all know the value of having good manners. Part of being an excellent Black Belt is having great manners and being respectful. However, manners are rarely taught in a specific format. Over the next month, we will be teaching the basics of being polite and showing courtesy and respect. With good manners, great first impressions are made and doors are opened.

Over the next month, we will be discussing what it means to have good manners, why it is important to have them, and examples of good manners.

Each week, we will be discussing a different aspect of **Good Manners**.

Week 1 – Friendly hello

Week 2 – Showing respect

Week 3 – Playground manners

Week 4 – The magic words and how to use them

It is also helpful for parents to encourage their kids to practice the new skills learnt in class outside of class. This will ensure that the skills they learn will be used in all areas of their life and not just in the dojo.

Thanks,

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