

# Six Truths



to Raising Confident, Happy Kids

by Christopher Rappold

# Six Truths to Raising C

IF YOU'RE AFRAID OF THE INFLUENCES THAT MAY HARM YOUR CHILD, I THINK YOU'RE GOING TO FIND THIS REPORT VERY HELPFUL.

PEER PRESSURE, BULLYING AND LOW SELF-ESTEEM CAN WORK TO SABOTAGE THE POTENTIAL OF YOUR CHILD. ACT NOW TO ARM THEM WITH THE INFORMATION AND SKILLS, THEY NEED, TO BE ON THE PATH TO REALIZING THEIR FULL POTENTIAL.

**Six Truths** to raising confident, happy kids who are more focused, physically stronger, and have the peer support system they need to excel!

YOU WILL LEARN....

- How to stop the experimenting with alcohol and drugs before it starts
- The keys to enable your child to have greater focus in school
- Putting your child's personality on auto pilot, attracting a strong supportive group of peers
- An argument proof system that will support your child in getting their chores, homework and other activities done without the incessant reminder

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## EXTREMELY IMPORTANT RESOURCE GUIDE FOR PARENTS:

Six overlooked truths to raising self-confident, happy kids who are more focused, physically stronger and have positive peer support system.

**If you're like most parents, time is very precious.**

- Do you tend to have more things to do, than time to do it in?
- Do you want what is best for your child but often can feel guilty or uncertain that you were providing the right tools, at the right time for the growth and development?

The reason I have written this guide is because I have literally watched tens of thousands of parents, over the past 30 years, struggle with being defeated by the challenges associated with raising their children. As the founder of Personal Best Karate, my life's work has been to share best practices so everyone can gift their children with the very best foundation possible.

As a parent myself, I know the unconditional love we have for our kids. It is far and away the most important bedrock foundation in helping them realize their true potential. As powerful as it is, by itself, it is just not enough.

And you have probably seen for yourself, schools filled with children who (in most cases) have that unconditional love but are making peer pressure decisions. How they dress, how they speak to adults, how they take responsibility and who they look up to starts the unraveling of a beautiful child into one that tries to fit in with everyone else.

The good news is as dire as what you may have seen or experienced firsthand, it can be stopped and altered in a way without argument or lecture. I have seen it work time and time again and I am excited to share it with you.

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## FIRST LET ME ASK YOU A FEW QUESTIONS...

Would You Like To Improve Your Child's Self-Confidence?

One of the biggest concerns that parents have brought to me over the years is their child's lack of confidence.

Again, these are children that are deeply loved by their parents yet still just don't seem to display that "can-do" attitude that enables them to take chances.

Things like introducing themselves to someone they don't know or raising their hand in class to answer a question for fear that rejection may come to name a few. Maybe you remember what this felt like when you were a child, I know I do.

## DO ANY OF THESE SOUND FAMILIAR:



- Do you notice that when your child is talking to someone they are often looking everywhere but on the person?
- At the bus stop, instead of interacting with the other children, they stand alone?
- Walking down the hall at school their head is down hoping not to be noticed?
- Deciding not to participate in a game or activity at school due to fear of failure?
- Using excuses like, "I just didn't want to" to cover-up not feeling good enough.

Unfortunately, all of these point to a lack of self-confidence. Walking around with this feeling is like carrying a 100-pound lead weight with you everywhere you go.

Feeling this way becomes a deeper and deeper hole the longer these feelings are validated. The peers around them start to learn how to treat your child based on the way they interact.

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These feelings don't go away, in fact, you can probably remember back to the time when you were a child that you felt this way. How different would it have been for you if all of those times you talked yourself out of doing something, you took the chance to prove you had the potential within and the certainty to succeed.

Take a moment to think about the path that your child is on from grade school, junior high then high school. How many opportunities may be lost? How much enjoyment for life may be diminished with the lack of confidence and self-esteem? Can you see how this may put them at risk for those easy to grab short-term solutions that may numb the pain, like alcohol, drugs and a peer group that has a lower standard of behavior and habits.

Momentum can be a great thing except when it is going against you. When the habit cycle of poor choices, due to a lack of confidence starts, your child already has a distorted perspective on the world. Despite your love, they do not feel they are capable of doing those things that will lead to a happy fulfilling life.



Later in the guide I will show you a couple ways that you can use immediately to improve how your child feels about their capabilities....

And they will love it!



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## WHAT ARE THE EFFECTS OF NEGATIVE PEER PRESSURE AND HAVING A LACK OF SELF-CONFIDENCE?

Well, I can tell you first hand that I have seen it with my own eyes. Aside from the thousands of children I have worked with at Personal Best Karate, I have also facilitated anti-bullying education in 33 local public and private schools. The training includes everyone from the superintendent through the faculty, students and parents. I share this with you, so you know I am not talking in theory, I have been on the front lines of this myself.

### **How someone feels about their capabilities is the foundation.**

What gets built on the foundation are the decisions that they make, based on how they feel. Think about it for a moment, how many parents would throw themselves into in organic chemistry class right now? I can tell you I wouldn't! And being honest, the reason is simple, I do not believe I have enough foundational knowledge to be successful in that class. As I think about what my experience would be like, I picture myself sitting in the class having no idea what the teacher is talking about. I would be looking around and feeling like I am the only one that's not understanding the lesson. How many of you, if you felt the way that I did, would put yourself in that position?

### **WELL EVEN THOUGH IT'S A FAR-FETCHED EXAMPLE,**

Taking grade school risks like raising your hand, introducing yourself, volunteering to stand up at the front of class or putting yourself out there to try a new activity without self-confidence can feel just as overwhelming.

### **And the effects of this can be very dramatic, things like...**

- Playing small, doing your best at not getting noticed
- Laughing a long when seeing a student being bullied, because it seems like it's the popular thing to do
- Under performing in school work activities

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- Being persuaded to behave in ways that you know are wrong by unhealthy peer pressures
- Hanging out with a peer group that is consistently making unhealthy choices

LATER IN THIS GUIDE I WILL SHOW YOU A COUPLE SIMPLE WAYS THAT YOU CAN FIX THIS.

As you read this guide maybe you were thinking my child doesn't do any of that and you were feeling a sense of relief. If that's the case, I'm happy for you! However I'm also here to tell you, based on my experience, low self-confidence sometimes may only be revealed when it's tested and one bad choice could start the downward spiral.

**You know how much time, effort and energy you've put into your child, so it is easy to think, "those things won't happen to my child." While I want that to be the case for you, your thinking may be too short sighted and I'll tell you why.**

In most cases, parents frame of reference is what happened when they were growing up. As a parent you may be thinking, "my child has so much more than what I had." And while this may be true, sometimes what we don't take into consideration is the other side of the story. Today is a completely different world with a level of social pressure, influence and distraction that is probably 10 times as great as it was when we were that age.



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I'M SURE THERE WAS A REASON THAT YOU REQUESTED THIS INFORMATION.

- Maybe it was just being very proactive and you want to be sure, as a parent, you have all the information at your fingertips.
- Maybe it's because you have heard about some things happening at school and it's causing concern and worry.
- Maybe your child has had a social interaction that is making you second-guess how ready they are for the pressures that will happen to them today.

Whatever the reason, I'm happy that you chose to get this guide because I think it's going to arm you with some very solid information that will ensure you keep your child on the right track.

In the pages to follow I'm going to show you exactly how you can increase your child's confidence improve their happiness and ability to be focused at all the right times

## ACTIONS ARE CAUGHT BEFORE THEY ARE TAUGHT

I have always loved that saying because I think it refers to the very powerful influence of positive role models in your child's life.

While you may be doing all the right things, sometimes as parents our example is not enough. No matter how good your parenting skills are, we all fall victim to the law of familiarity. Too often we take for granted the people that are closest to us.



As our children venture out into school our concern becomes, not how they behave for the 16 hours they're with us, but how they behave for the eight hours they are away and how the habit of that behavior is going to grow as they enter their teen years and beyond.



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I'M GOING TO SHARE SIX ACTIONABLE ITEMS THAT YOU CAN START TO USE RIGHT AWAY.

Perhaps some of these ideas you're already doing while others you may not have considered. Understandably I have devoted my life to the work I do at Personal Best Karate. To me it is far more than just a living, it is an absolute mission to provide age-appropriate guidance. I want our students to have the best chance of reaching their full physical, mental, emotional and spiritual potential.

While I'm not sure what your impression of martial arts is, I know when some people hear the word they think of Chuck Norris, Bruce Lee and Cobra Kai. Putting the entertainment of martial arts aside, I can tell you with certainty, it is probably more than you ever would have imagined.

The most powerful benefit of the martial arts program, at Personal Best, is the opportunity of your child being surrounded by role models. This works perfectly, since the positive environment is outside of the home and it includes an influential peer group of like-minded students who are unified around the attainment of continuous improvement.

A simple demonstration of the positive impact we have on all students is a code of conduct that starts first with the instructors then filters to the parents and students. This code of conduct is based on showing respect. I think you would agree, with all the controversies going on today, interacting in a respectful manner sometimes feels like a lost art. I'm absolutely convinced now more than ever, children need to be in an environment where they are taught and can feel respect day after day, lesson after a lesson.

**Again, thinking back to when I was a child, there were a few primary TV stations and no Internet. As a result, there was a real limit to the level of disrespectful distraction that came our way. Now think about today, I challenge you to go to YouTube, Facebook, Instagram, Tik Tok, Twitter or any other channel and compare that input to when we were younger.**

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Sad but true many of our most popular celebrities have gained their status by doing some very crazy things to gain attention and increase their viewership and reach.

These are the popular role models that are influencing our children. As parents, we may understand what they are doing as entertainers, but with the 24/7 exposure your child has, it's hard to escape it. It is sad but true, to be included in conversations among their peers at lunch and recess, almost demands familiarity to feel like they fit in.

More than ever, the examples of coaches, teachers, parents, classmates, friends and family need to be congruent with what we value for our children. If poor behavior is demonstrated, our children need to understand how to handle it in a way that it does not unduly influence them. We Can't Be With Our Kids All The Time. We Need To Ensure That a Poor Example by Someone They Know Or By A "Celebrity" Repels Them Away



A small investment of time, in the right kind of environment, can do wonders in shaping positive lasting behavior. Although most students at Personal Best attend two classes a week, the impact is mighty. They are reinforced in such a way that they are armed to go out into the world for those eight hours away from you with a strong physical structure and a mental armor. This allows them to handle the negativity that they will encounter.

The good news is, when you improve someone's self-confidence, they walk taller and speak differently. They are perceived by the world around them, as the kind of people not to be bothered with. They are taught the importance of making friends and giving respect to get respect. They have the ability to change their environment from what it is to something much better.

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Through the Personal Best program, I have learned the knowledge of how to defend myself, but I also discovered essential life skills like humility, perseverance, leadership and hard work. I have learned that if you are dedicated to what you do and treat people with respect, there is no reason to talk about yourself because people can see who you really are. ~ Adam Johnson, 15 year old Personal Best student

A big key to Personal Best is the way that we interact with our students. We take great care in rewarding effort, noticing small improvements, giving corrective feedback in a way that is empowering and being, "good finders." While I am a big fan and supporter of many of the activities in our community, I can tell you that often the way we think our children are being treated by authority figures is very different from the reality.

I have witnessed some very poor interactions between coaches, councilors and trainers, who quite honestly, have very poor skills at understanding how to interact with children. They may know their activity, but they are poor on the human relations skills. I especially see this with larger groups when reinforcement of behavior only occurs when bad behavior surfaces. Usually to make matters worse, it is accompanied by authority type bullying and yelling by the person in charge. So as a tool for providing the repetition of catching your child doing good things, all too often it has the opposite effect.

Getting back to what I said earlier, there is a code of conduct that starts with our teachers and filters through our schools. You will notice that our teachers are amazing at looking for the good both inside and outside of class, because the focus of our program starts with character education.

**So now let's get to the six tips I wanted to share with you that my 30+ years of teaching and mentoring has shown to be the most impactful to help build a rock-solid foundation for children.**

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## SUCCESS TIP # 1

### **Labels Will Define Behavior!**

Putting the physical skills aside for a moment, one of the most important aspects of our program is the identity change that will happen with your child. What do I mean? Well for starters they now know they are a "Personal Best" student and they understand the expectations we speak about in all of our classes. They understand that they are now in the position of being a role model for all the people around them. I have found time and time again, when you change the label in the child's mind from being a kid to being a role model student, they stand up a little taller and their focus and intention will naturally improve.

### **Do behavioral changes happen in all martial art schools?**

Unfortunately, the answer to the question is No. There are several reasons for this. First it depends on what the focus of the martial arts school is. Is it



character education? And if so, are the people conducting the classes competent to be able to transfer the correct information at the right time to be able to influence behavior? I can tell you at Personal Best we do!

Is the focus military style self-defense designed to have no mercy towards anyone who puts their hands on you? At Personal Best you will learn the most time tested, functional self-defense skills that will keep your child safe...

**we take skill development very serious!** The difference though, you will find, defense skills coupled with the communication skills to be able to de-escalate a situation is a great deterrent before it becomes physical. Respect IS the most import word and it is spoken about and demonstrated in the unique culture of our school.



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**Is it competition?** As a five-time world champion, I can tell you that the skills that we teach have been proven on the world stage. If your child has the desire to excel in competition, they will have the opportunity, but is not our focus. I believe when a student learns our code of conduct and commits to integrating into practice the principles we teach, they will have the ability to excel in whatever they chose, but focusing on competition is not our method in unlocking their potential.

## AT PERSONAL BEST EVERYONE PARTICIPATES EQUALLY!

Again, not to knock other activities, but let's face it, if they are athletically gifted they are going to get playing time and if they don't, they won't. The goal of winning the game is the outcome. To have the best chance to win, you have to play the best players. By keeping competition against others out and setting up the competition to be how you did today compared to how you did at your last class, your child is growing their capabilities without comparison.

At Personal Best your child is involved in a class where they are copying the example of the teacher. The classes are divided by age and experience level, so they have just the right level of challenge being presented. No one is sitting on our bench! Imagine if in school, only the "A" students got to advance and everyone else were not given the time to improve?





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## SUCCESS TIP # 2

### **Performance Improvement is a Must!**

I am all for motivation and positivity. As mentioned before, I think our teaching teams are the very best at finding the good in our students. What you will find, when a compliment given it is honest and the student knows it. Sometimes people who are not skilled in how to develop peak performers, will often shower praise when behavior or performance does not warrant it. I have seen many parents do this as well. Sometimes they give praise when it is not warranted which can unintentionally lower a child's standard or they can go in the opposite direction where the child feels like he or she can never be good enough. This creates confusion in the mind of the student. Kids are smarter than we sometimes give them credit for being. Most of the time they know when their performance is good versus when it needs improvement. In the way that we teach our class, their success becomes self-evident.

### **They know when a technique works or when it needs to be improved.**

Another area that separates our approach from others, is our rewards-based system is not based on comparison, it's based on the individual's potential. That becomes our sole focus. To do this effectively, the teachers develop a very personal understanding of what kind of learner your child is and what their performance capability is and can be.

### **The Personal Best program reinforces the code of conduct outside of the school. Students are asked to bring in their school report cards when they receive them. Your child's teacher will look at the report card finding the good in what your child has done and primarily keep the focus on the two most important marks that we influence, conduct an effort.**

Having additional encouragement from someone outside of the household has proven to be impactful. Reminding them to carry the code of conduct to school is invaluable. We have also found this puts the right kind of healthy pressure to ensure that your child connects the dots and understands the expectation for behavior extends beyond Personal Best to school and home. To do anything well requires a level of consistency. Imagine the task of trying to learn a new language or understand a complex problem. At first it can

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seem overwhelming but when you are working with someone that knows how to break it down into easily digestible pieces and provide encouragement along the way, whether it be a school subject or a physical skill, success is achieved.

Learning martial arts for many of the children has taught them in a very tangible way how to set for themselves small, short term, medium and long-term goals. More than understanding them intellectually, they participate in the system of progression. **Going back to the question are all martial arts schools the same? Again, the answer is No.** That's not to imply other schools are bad, rather just to illustrate that every school puts their focus in different areas.



## SOMETHING TO WATCH FOR....

### Is the school “student focused” or “instructor focused”?

When you walk into the school, what is on the walls? Are you seeing the accomplishments of the instructor or are you seeing the accomplishments of the students? Are you seeing a variety of talent levels or are you only seeing the naturally gifted being rewarded with attention and respect?

Because Personal Best is focusing on unlocking the potential of each student, you will see varying degrees of abilities. Not everyone who graduated high school or college had all A's, there was room for different mental aptitudes. We have some competitive athletes that are rated competitors and we also have children and adults with physical and mental differences who all enjoy the process of being the best they can be. This happens because the focus of the program is on the individual's potential not a comparison based environment.

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## SUCCESS TIP #3

**Great Physical Habits Start with How Your Child Stands. Carrying yourself with Confidence could save your life.**

Your posture does more than you think. It contributes to your feeling of well-being and also sends the world a message. When having a supportive posture and knowing how to use it, unlocks focus, confidence, and happiness. Your posture is important for personal safety as well. Projecting certainty and self-confidence may be the most important deterrent in being mistreated. Think of it this way, if you were a bully looking to physically belittle someone, how would your child's posture and attitude hold up as a deterrent? Telling your child to "straighten up" is not good enough.



They need the habit to go with them everywhere, especially when you are not around. The way you hold your head up and present yourself can make a lasting difference in how you feel and how you are perceived.

**If my child receives passing grades in Physical Education does that mean my child is physically fit and will develop great posture over time?**

I wish this was the case. My degree is in physical education and many of my friends are Physical Education teachers. They are dedicated, knowledgeable and committed to helping. It is not their fault it simply comes down to a lack of resources. Students are given pass or fail grades simply based on participation, not on their overall health and fitness. In many cases I have heard that some Physical education teachers will give students passing grades if they simply change into their gym clothes and sit in the bleachers and watch. Now they may have reasons for this, but imagine if this standard was used in reading, I think we would have an illiterate society.

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**Two predictors in understanding your child's behavior are the following:**

1. How they feel in the moment
2. What they believe about themselves

**Warning: Allowing How They Feel to Determine What They Do, is a HUGE mistake!**

## SUCCESS TIP #4

### **We Live By Our Goals, Not By Our Moods**

Have you ever woken up in the morning and felt that you didn't want to go to work? Of course you have! It's natural sometimes to lack the energy, drive or motivation to do what we know we should do. This happens even if we love what we do. A responsible adult understands this. One of the most powerful gifts you can give your child is, at an age-appropriate level, to live by their goals and commitments not by how they feel.

How we feel moment to moment is going to change. It may be due to lack of sleep, something we ate or even an upset in a relationship. Regardless, developing the habit of not caving to the moment is what allows us to make continuous progress in the direction we are trying to get to.

## SUCCESS TIP #5

### **Validation from Outside of the Home Is Very Powerful When Combined With Compliments from in the Home.**

With this in mind, take great care to build a village of support in their formative years. They will then have others who see their potential and can validate what you see and keep them on track. What others see and communicate helps build a frame of reference as they continue to grow their belief about themselves. This may be one of the most important responsibilities we have as parents. Giving your child the mentors





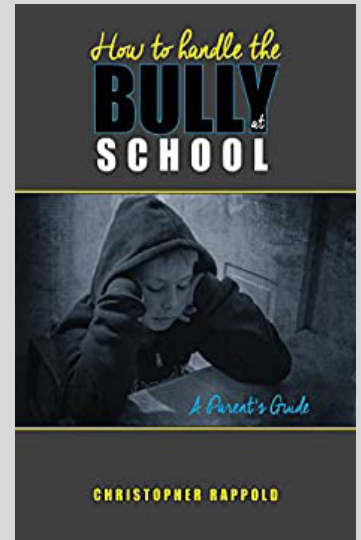
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and positive influences that you choose will set them up for success...remember as I said earlier, "actions are caught before they are taught"... choose carefully!

## SUCCESS TIP #6

### **Life's Joy Comes from Quality Interactions with Others and the Conversations You Have with Yourself.**

I want to share some powerful thoughts from my Book, *How to Handle the Bully: A Parent's Guide*. If you had a choice of ridding the world of bullies or learning the mindset and skills to minimize or eliminate their negative impact on your child, which would you choose?



Think about it very carefully because the answer to the question will reveal how you are viewing the challenge before you. At times parents can feel powerless against the never- ending siege of negative experiences that we cannot protect our children from. It can be very painful to be a spectator to your child's struggles with a bully. Haven't you wished that the bully would "go away" so your son or daughter could just happily continue down life's path?

Has it ever really happened? Sure, occasionally you will have the rare treat of having the bully moving out of state, but how often does that occur? When it does, everyone breathes a sigh of relief, but unfortunately it is only a matter of time before the same challenge rears its ugly head again.

In life we will have challenges put before us; when we face our challenges, we are able to expand our capacity to take on other challenges. When we do not face our challenges, the same challenge will continue to appear until we either face it and grow or make ourselves smaller in attempts to win by avoidance. When children choose to become smaller, they turn inward, become withdrawn, stop taking risks and limit their capacity to learn and enjoy life. It's not a good place to be.

**As parents, one of our highest responsibilities is to ensure that our children meet their challenges with an intelligent plan and the psychology to**



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**overcome their fears, doubts and worries. Think about it!**

- What is the real cost of not having focus for your child?
- What is the real cost of not having health and wellness for your child?
- What is the real cost of your child not having self-confidence?
- How much harder will life be for your child without a supportive peer group?

While we usually only count the cost of the money we spend, I can assure you the price your child will pay in missed opportunity and happiness is bigger than any purchase you have ever made, and that includes your house.

*Personal Best Karate has become a center in my life. It has impacted my life so much that some of my teachers and family members are planning on enrolling their kids in the program just by noticing how positive it has impacted me.*  
*Julia Mulvaney - 3rd Degree Black Belt student*

## HERE'S WHAT YOU NEED TO DO NEXT!

I wanted this guide to be a valuable resource for you. At the early stages of life, who else is going to step up and teach your children these important skills?

By reviewing these pages, you can put together a prioritized list based on the age and personality of your child. Keeping these tips at the forefront of your impact on your child, I am hoping to give you a lift on the ladder of their potential.

You only get one shot at parenting, so providing the very best experiences and information for your child will give something they can't give themselves. Their potential is not something to leave to chance. Arm your children and yourself with the information and guidance in advance, to relieve unnecessary future suffering by them and a lifetime of regrets as a parent.

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## HERE ARE THE 6 STEPS TO SUCCESS AGAIN

**Success Tip # 1** Labels Will Define Behavior!

**Success Tip # 2** Performance Improvement is a Must!

**Success Tip #3** Great Physical Habits Start with How Your Child Stands.

**Success Tip #4** We Live By Our Goals, Not By Our Moods

**Success Tip #5** Validation from Outside of the Home Is Very Powerful  
When Combined With Compliments from Within the Home.

**Success Tip #6** Life's Joy Comes from Quality Interactions with Others and the  
Conversations You Have with Yourself.

I also wanted to share with you, what we can do for children who go through the Personal Best Karate program. I can't tell you how many times a parent has come up to me and said, "I had no idea there was so many benefits to training in the Personal Best Karate program." Usually, it is also followed up by, **"I wish they had a program like this when I was a kid."**

If it is not me to educate the public that what we do is more than breaking boards and Kung Fu fighting, who would do it? While I'm grateful for the entertainment value that makes martial arts a high interest for many people for me, it doesn't stop there. My passion clearly lies in the empowerment it gives a student to be self- confidence, happy and focused. I want students to have a safe place and a positive peer group that strengthens their potential

If after reading this guide you are excited about the **Six Success Tips** please print them out and keep them in a place that you can refer to them often. **They are very powerful and have stood the test of time for developing greatness within children.**

If in addition, you feel like getting your child into the Personal Best Program, I would love for you to take the next simple step. Just **go to this link** and get a Quick Start Special that we offer readers of this guide. It provides you the opportunity to make an appointment to visit our school, take a tour and provide your child with a free one on one class. It is that simple to start!

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In the class we will evaluate your child's coordination, physical skills, level of focus and learning style. This will give us a baseline to use to measure progress. As we teach your child, you will see the **6 Success Tips woven into the lesson**. We practice what we preach! We make it so you have everything to gain and nothing to lose!! After providing lessons for over 30 years we know how to cater to families' busy schedules and package our program in a way that make sense and gives the highest value possible.

**If you decide to take advantage of this special offer and add Personal Best Karate to your child's success plan, I promise we will make you and your child feel right at home. We are all in this together and working together we can ensure every child in this community has the very best chance for a successful life.**



*"It's not how your child does compared to anyone else. It's how you he/she does compared to how they could have done with all the skills and abilities that have been given to them. Keep their total focus on the development of being the best they can be.... their "Personal Best!"*

*~ Chris Rappold*



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