



Beyond the Mat

Character Development Program

"Picked up through Training: Carried through Life."

Character Trait #7:

"Exercises Control Over Their Emotions And Behaviors"

A Kage No Michi Ninja will not let his emotions or frustrations get the best of him/her. How have you been able to demonstrate this outside of the dojo? Here are examples of showing this trait in a practical situation.

1. Not getting into a physical altercation when someone makes you mad.
2. Not yelling when you're angry.
3. Being respectful of your parent when you are in trouble and not arguing.

*Please use the space below to write down any way you've demonstrated "Exercises Control Over Their Emotions And Behaviors"

Student Name

Parent/Guardian Signature

Would you like to share any additional examples of other Character Traits you demonstrated this month?
