



# Beyond the Mat

Character Development Program

*"Picked up through Training: Carried through Life."*

## Character Traits of a Kage No Michi Student:

- ❖ Works hard and plays later
- ❖ Knows when to listen and when to speak
- ❖ Has humility, especially after victory
- ❖ Empathizes with and cares about others
- ❖ Perseveres through frustration
- ❖ Says "I'll try" before saying "I can't"
- ❖ Exercises control over their emotions & behaviors
- ❖ Uses their power in the proper place
- ❖ Follows through on their commitments
- ❖ Has integrity in all situations