



A Guide to Using Mental Karate in Schools

What is Mental Karate?

Mental Karate is an innovative curriculum that empowers students to take inspired action

How do students progress from white to black belt?

Students progress through a series of challenges to earn five colored belts. Mental Karate's five belts are aligned with five proven principles of empowerment: Initiative, Discipline, Contribution, Courage, and Awareness.

How long does it typically take to journey from white to black belt?

On average, students spend one month working on each belt. Most students complete all five belts within five to seven months.

How much lesson planning does Mental Karate require of teachers?

Teachers do not have to create anything new to teach Mental Karate. We provide readings and other resources to introduce each belt. Additionally, we provide worksheets to help students brainstorm and select their actions for each belt. We also offer an online system that track actions; some schools choose to track actions offline through journals or binders.

Here is a common schedule adopted by many of our school partners to complete each belt:

Week One: Teachers spends 40 minutes introducing the belt and letting students brainstorm their actions.

Week Two: Teachers spends 30 minutes helping students select their actions.

Weeks Two-Five: Teachers give students 20 minutes each week to track how they are doing in a journal or binder. Action can also be tracked online.

Week Five: Students share and celebrate their actions – 40 minutes.

Where can Mental Karate be taught?

Schools, afterschool programs, community centers, places of worship and homes.

What grade levels work best for Mental Karate.

Although Mental Karate has been successfully used with students as young as first grade and as old as twelfth grade, we've consistently seen the best outcomes with fourth through ninth grades.



In what classes does Mental Karate work best?

In any class where the trainer is passionate about helping students unlock their inner potential. More than any other factor, passion and interest on the part of the trainer determines outcome.

That said, we have found that English and Humanities classes consistently deliver outstanding results. Counselors have also had tremendous success coming in and teaching Mental Karate to classes once a week.

How should my school decide where and how Mental Karate should be taught?

- 1) **Time:** Make sure you leave enough time, per the sample schedule above. Though it seems like the natural place to teach Mental Karate, Advisory often does not work because: A. Advisory often only last 15 minutes. B. There are often other things that take up Advisory time such as announcements.

If Advisory is rigorous, however, Mental Karate can serve as a powerful component.

- 2) **Instructors:** Pick instructors for Mental Karate who are excited to be instructors.
- 3) **Professional Development:** Let us provide professional development for every instructor. This is absolutely essential – instructors must be trained. This development can be provided by phone with your staff following on a PPT or we can fly in one of our instructors to train your staff.

What are the next steps if I am seriously considering running Mental Karate at my school?

Email us at info@MentalKarate.com so we can help you think about how Mental Karate can best be implemented at your school.