

# On Mission Martial Arts

## LEVEL ONE – Instructor Requirements

*(Required for Junior Leaders and Trainee Instructors)*

- ❑ Be a Consistent ROLE MODEL in the Dojo.

### Increasingly represent the 12 Character Traits of a Christian Warrior:

**Courage:** ...begins by determining what convictions of right and wrong I should hold with no likelihood of change, and then acts to shun fear of others, standing up strongly for those convictions.

**Compassion:** ...begins by observing the suffering of others, identifies with that suffering as if it were my own, and then acts to alleviate the cause of the suffering and restore emotional balance.

**Self-Control:** ...begins by learning to recognize my impulses, emotions, desires, or “itches” that need restraint, and then acts to take power over self, reining them in consistently without being reminded.

**Discernment:** ...begins by gaining an understanding of how to sift facts, and then acts to separate them correctly, deciding which are needed, choosing the superior and rejecting the inferior.

**Resilience (Flexibility):** ...begins by grasping the truth that life’s daily requirements do not remain the same, and then takes action to embrace changes that occur, adapting to them willingly, yet without sacrificing moral absolutes.

**Perseverance:** ...begins by being aware of the fact that there will be difficulties in a planned undertaking, and then acts to move through those difficulties, no matter how severe, sticking with the undertaking to the end.

**Respect:** ...begins by understanding whom I should value or consider worthy of high regard, and then acts to show in word, deed, and dress that I do appreciate and highly esteem those individuals.

**Enthusiasm (Joyfulness):** ...begins by acquiring a realistic view of both the good and bad of life, and then takes firm action to show cheerfulness and resolutely maintain a quiet happiness in both good and bad circumstances.

**Responsibility:** ...begins by determining what task or duty is mine, gaining knowledge of what is involved in its completion, and then acts to complete that task or duty to the best of my ability.

**Humility:** ...begins by gaining a proper, realistic self-esteem, thinking neither too highly nor too lowly of self, and then acts consciously to take a lower place than others.

**Focus (Attentiveness):** ...begins by finding out on whom or what I should concentrate at a given time, and then acts to focus my thinking undividedly on that person or object for the required time.

**Gratitude:** ...begins by recognizing every benefit I have received, and then acts to appreciate consciously those benefits and express thankfulness for them in words followed by deeds of appreciation.