Tenets and Codes

Tenet 2 - Concentration

What does *Concentration* mean?

Concentration means Complete Attention. It is important because it lets you learn, understand and finish a task or job to the absolute best of your ability.

Learning to Concentrate

Lots of things in life take focus and concentration. School, karate, even picking up toys or putting away your things. Sometimes it's hard to concentrate and focus. Our minds wander. This happens to all of us. Parents and teachers say "Focus" or "Focus and Finish". But how?

Learning to concentrate takes practice! Here are some helpful ways to keep your mind on track when completing a task:

1.) Set a small goal. Don't try to do too much so you can totally focus on one task.
2.) Pretend it is a game. Challenge yourself to stay focused on the task. Do not let your mind wander. To help this, we will be playing some "concentration games" this month – The Quiet Game, Statues.
3.) Try concentrating for short periods of time before you try it for a long time. Set a goal of 30 seconds, then 1 minute, then 2 minutes, and so on. Did you meet your goal? If not, try again! Concentration takes practice!
4.) Once a day in a really quiet place, turn up your listening or "put on your listening ears!." What do you hear? Focus on the silence. Do you hear birds? Cars? Focus and listen...what do you hear happening around you?

At Home Training – Bring to the next *Mat Chat.*

Try one or more things from the list under **Learning to Concentrate**. Share your example of how you demonstrated or practiced concentration and focus. Write it down, draw a picture or tell us a story!