THE BLACK BELT FOUNDATION

MY JUNIOR ADVENTURE BOOK



Developing the greatest version of us. Core skills to succeed in life, today and beyond tomorrow.

BEGIN YOUR ADVENTURE

CONFIDENCE RESPECT RESILIENCE LEADERSHIP DISCIPLINE

TBBF
CHARACTERS











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YOUR CHARACTER

Your Name:

Your Parents contact No:

Your Club Location:



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WELCOME
JUNIOR ADVENTURER

WELCOME TO YOUR JUNIOR ADVENTURE!

Whether you're new to TBBF or graduating from Lil Dragons, this is your next step.

New challenges.
New skills.
New opportunities.

Let's start the adventure together!

IN THIS BOOK

MEET YOUR TBBF FAMILY
Meet the team who will guide you.

YOUR JUNIOR JOURNEY
The path you'll follow and the lessons you'll learn.

KEYS TO SUCCESS
The skills and tools that will help you in every lesson and in life.

FAMILY ADVENTURE
How you and your family are part of the journey.

READY, SET, GROW!
Let's get started!



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YOUR ADVENTURE JOURNEY

Follow the path, collect achievements, become your best version of you!



FAMILY ADVENTURE

Your family is your greatest support team.

- Cheer you on
- Support your goals
- Celebrate your wins
- Help you keep going

Thank you for being part of the journey!

FAMILY TIP

Encourage effort, not just results. Little steps every day lead to big success!

CONFIDENCE · RESPECT · RESILIENCE · LEADERSHIP · DISCIPLINE

CHAPTER 1
THE ADVENTURE BEGINS

Congratulations! Welcome to Your Junior Adventure
Whether today is your very first class at TBBF or you're proudly graduating from Lil Dragons...

Welcome.
Every student begins their journey somewhere.
Some start as Lil Dragons.
Others join us as Juniors.
Wherever your journey begins, you're now part of the TBBF family, and we're delighted you're here.

The Junior years are an exciting time.
Children become more independent.
School becomes more challenging.
Friendships grow stronger.
Confidence is tested.
New opportunities appear every day.

At The Black Belt Foundation, every class is designed to help students develop the qualities and tools they need to succeed—not just in martial arts, but at school, at home and throughout life.

Because we don't simply teach martial arts.
We develop people.

The Founder's Promise



"Every great journey begins with a first step. Whether you're new to TBBF or continuing from Lil Dragons, our promise is to challenge, encourage and support you every step of the way as you become a little better than yesterday."

Thank you for placing your trust in us. We will never forget that trust.

David Whiteside
Founder, TBBF



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CHAPTER 2
WHAT IS THE ADVENTURE

The Junior Adventure is designed for children aged approximately 7–12 years.

These years are some of the most important in a young person's life.

Children are discovering who they are, building friendships, learning responsibility, developing independence and preparing for secondary school.

Every class combines Martial Arts, Character Development, Practical Self-Defence, Leadership, Fitness, Teamwork and Fun.

Everything is designed to help students grow into confident, capable young people.

No two children begin in the same place.

Our goal isn't to compare children with each other.

Our goal is to help every child become better than they were yesterday.

CHAPTER 3
BECOMING YOU

The Junior years shape the future.

This is often when children discover who they are, what they're capable of, how they build friendships and how they overcome setbacks.

The qualities developed during these years influence confidence, education, relationships and future opportunities.

Every lesson develops far more than physical skills—we're helping prepare children for the next stage of life.



CHAPTER 4
TOOLS FOR LIFE

Every Junior lesson develops Confidence, Respect, Resilience, Leadership, Self-discipline, Responsibility, Practical Self-defence, Teamwork, Goal Setting and Healthy Habits.

These aren't simply martial arts skills.

They're qualities and tools that help students succeed in school, at home and throughout life.



CHAPTER 5
YOUR ADVENTURE

Every journey is unique.

Some students begin at TBBF as Juniors. Others proudly graduate from Lil Dragons.

Wherever your journey begins, you're now part of something much bigger.
Every Black Belt once stood exactly where you are today.

Journey:
New Student or Lil Dragons Graduate → Junior Academy → Teen Programme → Adult Programme.

Optional pathways include Leadership, Black Belt and Mastery.
There is no finish line—only another exciting step forward.

Your journey isn't measured by belts alone. It's measured by the person you become.

CHAPTER 6
PROGRESS IS EARNED

Meaningful achievement cannot be given—it must be earned.

Every stripe, belt, certificate, graduation and award represents effort, practice, perseverance and resilience.

Sometimes you'll succeed first time. Sometimes you'll need another attempt.

Both are valuable.

Setbacks are opportunities to grow stronger.
Success is about refusing to give up.

Those lessons will help in school, in sport, in work and throughout life.



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YOUR TBBF ADVENTURE QUESTS

Small challenges that make a big difference.

Everything your child learns at TBBF is designed to help them both inside and outside the dojo.
Each Quest focuses on one important quality or life skill that children can practise every day.

Every Quest Includes:

A New Life Skill
Each Quest focuses on one important quality such as Respect, Kindness, Confidence, Responsibility, Teamwork, Focus or Resilience. One quality. One Quest. One clear focus.

Things to Practise at Home
Every Quest includes simple activities for children to complete with the support of their family. These activities fit naturally into everyday life and help children practise what they have learned in class.

Why TBBF Quest Is Important
Small positive actions repeated regularly help children build confidence, responsibility and resilience.
Over time, those small actions become positive habits.
Those positive habits help children become confident, respectful, resilient and capable young people.

YOUR TBBF ADVENTURE QUESTS

Every great adventure includes exciting challenges.
Martial arts does not stop when class finishes.

Some of life's greatest lessons are learned at home, at school and in everyday situations.
That is why every child takes part in TBBF Quest.
Quest is designed to help children practise the same qualities they learn in class wherever life takes them.

Confidence, kindness and respect are not just dojo skills.
They are life skills.

Every Two Months
Your child begins a new Quest every two months.

Each Quest focuses on one important quality or life skill.
Some Quests happen at home. Some happen at school.
Some involve the whole family.

Every Quest helps children build positive habits that become part of everyday life.

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YOUR TBBF ADVENTURE QUESTS

Families Are Part of the Adventure
Parents, grandparents, carers, brothers, sisters and teachers can all play an important role.

Many Quests include simple family activities that encourage children to practise what they are learning with the people who know them best.

Working together makes every achievement even more meaningful.

Every Quest Completed
Every completed Quest is another achievement to celebrate. Another step forward. Another quality developed. Another tool for life.

The greatest achievements are not always measured by belts. Sometimes they are measured by the person your child is becoming.

The greatest adventures do not just change what we can do. They change who we become.

CHAPTER 7
BEYOND THE DOJO

Martial arts is something you learn. Character is something you become.

Everything you develop at TBBF should help at school, at home, with friends, in sport, online and when making difficult decisions.

The greatest compliment is hearing that you are respectful, confident and becoming a leader.

Every lesson is another opportunity to become the very best version of yourself.



CHAPTER 8
TBBF FAMILY

When you join TBBF, you become part of a community.

- Support one another.
- Encourage one another.
- Respect one another.
- Celebrate success.
- Welcome new students.

Leadership begins with your actions.

Every student plays a part in protecting the culture we're proud of.



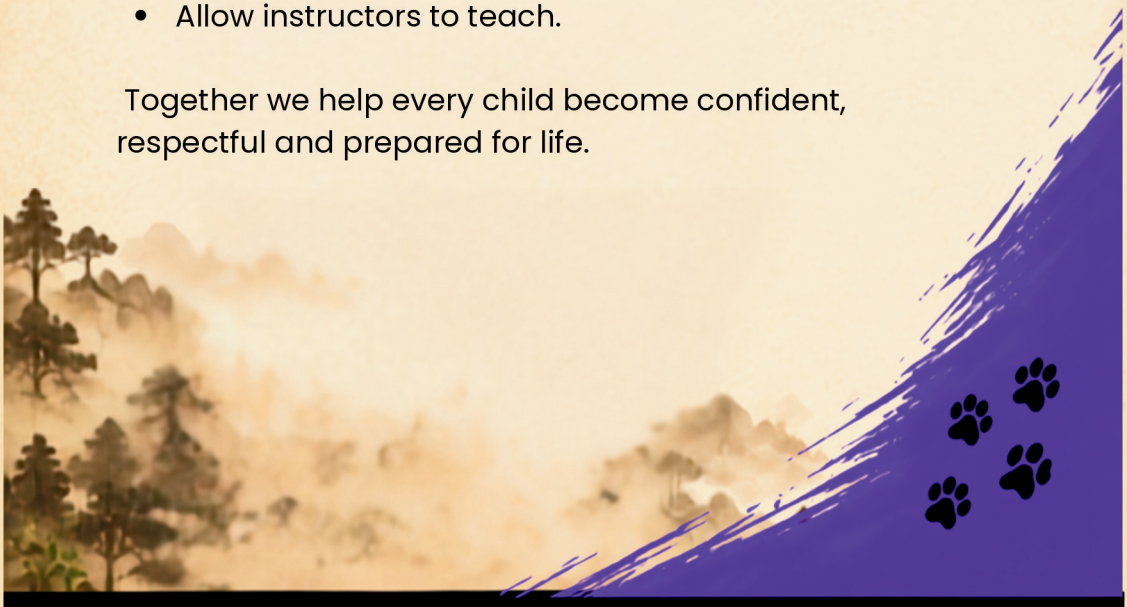
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CHAPTER 9
HELP YOURS SUCCEED

Parents and guardians are an important part of every Junior student's journey.

- Celebrate effort.
- Praise determination.
- Recognise resilience.
- Support regular attendance.
- Encourage independence.
- Allow instructors to teach.

Together we help every child become confident, respectful and prepared for life.



CHAPTER 10
THE JOURNEY AHEAD

Today's journey doesn't end with the Junior Academy.

Future opportunities include the Teen Programme, Adult Programme, Leadership (by invitation), Black Belt and Mastery.

- Every journey is different.
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- Never stop learning.
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- Never stop improving.
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- Never stop becoming a little better than yesterday.

Every step forward develops another quality and another tool for life.

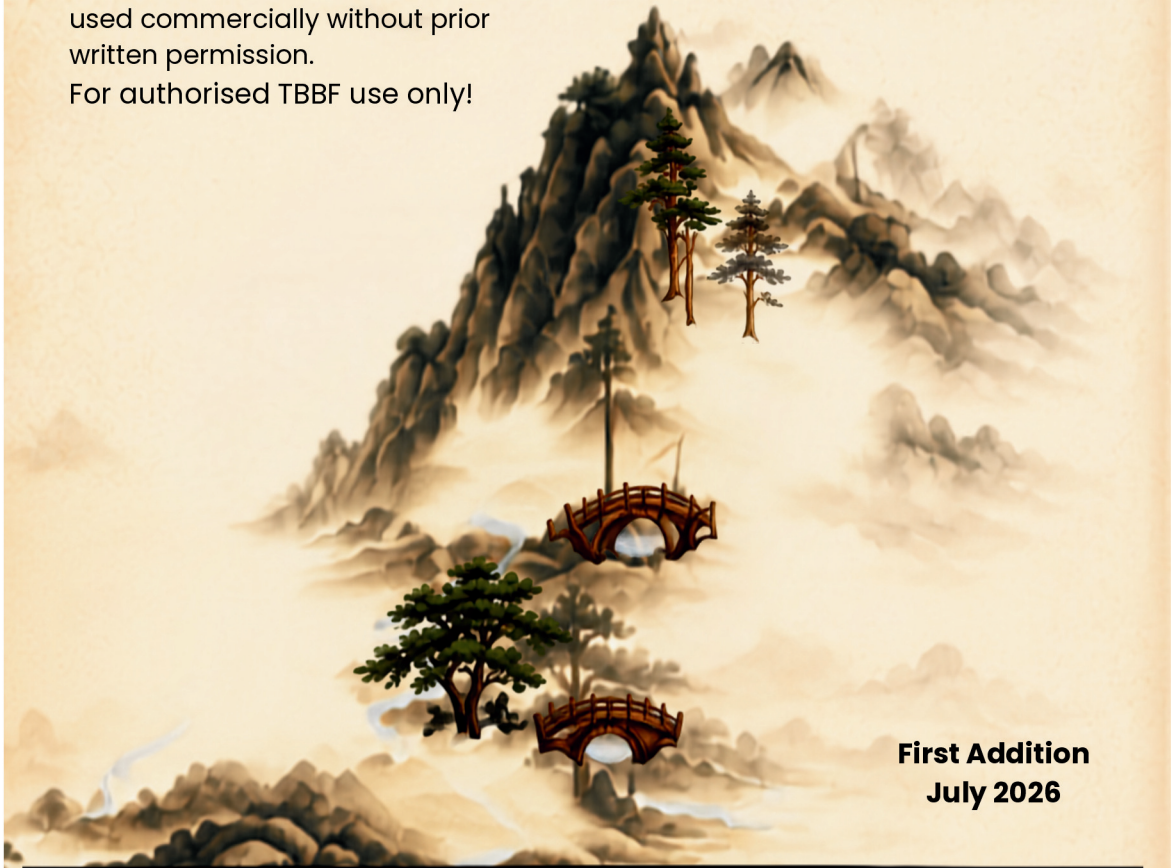
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