



**Why
We're
Different!**

(At Brill's Karate)

by
Master Barry Brill

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Discover Why We are Completely Different than
Other Karate Schools!

By

Master Barry Brill

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Why We're Different!

(At Brill's Karate)

"Always Keep the Promises You Make to Yourself."
(Never Let Yourself Down, Key to Happiness!)

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Introduction – We are True Self-Defense Done in a Fun Way!

A Popular Question that I Hear Is:

“How’s Your School Different from the Others?”

That’s a Great Question and the answer is simple,

“We are True Self-Defense Done in a Fun Way!”

This is an Important distinction because it is a Challenge to Find a Fun Environment along with an Effective Self-Defense System, In One School!

This Book will explain How We Do It!!!

Brill’s Karate - “Learning in the Most Exciting & Fun Way Imaginable!”

“Why We’re Different!”

I wrote this book because I wanted to help my future students understand a little more about Brill’s Karate, what we do, and the reasons we do it.

My first book, *“Why Martial Arts Matter”* is a Wonderful Book to learn all the benefits of the Martial Arts and the important things to know in choosing the correct school for you and your family. (You can learn more at the end of this book in the section called, “The Story Behind Writing – *Why Martial Arts Matter.*”)

“Why We’re Different!” is a Great Way to Learn More About Us, and to Get to Know Us EVEN Better! But first before we talk about our programs and what makes us so special, I think it would be very helpful to hear the experiences of some of my students. These students went through our program starting from a young age, and it is interesting to get their perspective. After hearing their stories, we will get into our inner working of our school, and you will see for yourself why I am so proud of what we were able to do!

Part 1 – Story Time.

I Love the Stories!

I hear a lot of stories from my students, even as young as 4-5 years old, about how the bully wanted to hit them, and they blocked every strike! There is always a High Level of Excitement when the parents and their child (my student) tell me this type of story! I can't tell you how much I love hearing this every time.

What Will YOUR Kids Story Be When It's Time to Go Off to College?

(It is My Wish for You and Your Children to Have a Similar Experience.)

To me the most important thing about our school is our students, and to make sure we are a positive inspiration in their lives. We try to create an environment in which all students can thrive and live up to their Highest Potential. It is truly our Life-Long Mission!

The first story is from Mason and just before he went off to college, he tested for and received his 5th Degree Master Black Belt. What an Achievement!!

“Brill’s Karate was a big part of my life from a young age (5) and a major influence on who I became. Learning martial arts was a great gateway into self-confidence and feeling in control of the world around me. In addition to being a way to have fun, burn energy, and stay in shape, the dojo was a place where I picked up life lessons and good habits. One of my key takeaways from Master Brill was that discipline leads to happiness, which has played as important a role outside the dojo as inside. Having this ingrained into me gave me an edge over a lot of my peers as we adjusted to college and new environments. It was a really rewarding experience being a part of this family, and even though I moved a thousand miles away for college I return every time I get the chance.”

*Mason Murray-Cooper
Georgia Institute of Technology*

I started training at Brill's Karate when I was young and continued all through high school. Even though I am now away most of the year at college, I'm always eager to come back for classes during breaks! The things I learned such as Self-Defense, Discipline, and Control are the principles that I carried with me to college and all the benefits are unmeasurable. Learning Martial Arts is a great way to Build Confidence, stay in shape, and gain an amazing understanding of Self-Defense (which is super important for when you are living on your own for the very first time!) My experience here has helped prepare me to go to college and be able pursue my dreams with more Self-Confidence and a feeling of freedom along with personal safety (in fact, I am involved with martial arts there as well!)

I would highly recommend Brill's Karate because it prepares you for whatever life throws your way!!

Miriam Wolpert
University of Vermont

I began lessons at Brill's Karate at the age of 15 and was hooked for the next seven years, until I unfortunately had to relocate for my career. Before I left for college, I would spend eight hours a week training at the dojo with some of the kindest, most supportive, mentally and physically tough people I have ever had the pleasure of knowing. The lessons that I took away from this community are in many ways unique and unusual in this current fast-paced environment we live in. Traditional values of determination, commitment, and respect for others are strongly promoted, and throughout all of the training, practice, and belt testing for new ranks I developed a strong sense of pride in the dedication that I was able to demonstrate in learning and perfecting all of the new skills that I was acquiring. This pride and confidence I felt in my own abilities was evident in everyone else at the dojo as well, and created an atmosphere that enabled each individual to be supported to perform to the best of their abilities. I took all of these lessons with me when I went to college, and they absolutely contributed to my ability to successfully manage schoolwork, social obligations, and still making it to karate to train from time to time.

I made it to 3rd degree black belt rank by the time I moved away, and would not trade my experience at Brill's for anything, as well as the friendships I value to this day.

Tessa Cooper
Rutgers University School of Engineering

Since I was six years old, I have practiced karate. I have never really known life without it. It has always been an assured constant for me. Having been through varying programs at a few different schools, before finally landing at Brill's karate at the end of elementary school, I can say with complete confidence there's no place like it. The people at this school have become like family, sharing birthday parties and graduations. More importantly, we all recognize what the art of Shaolin Kempo has given us; strength, determination, confidence, and some really cool party tricks with nunchucks!

At the end of each class, we recite the school rules; self-discipline, self-control, respect, effort, integrity, and honor. These were burned into my brain as not only the guiding rules of the dojo, but of the way I should live my life as I grew up. At school, I never put up with bullies because I knew had confidence in my own self-discipline. I also looked forward to each karate class, whether that day I just wanted to let off some steam playing one of the many fun karate games we usually play, or I couldn't wait to learn my next technique. As a girl, knowing karate meant something extra important. I was, without a doubt, able to protect and defend myself should I ever need to.

Brill's karate is such a unique place, simply for the fact that everyone cares. The instructors care deeply about their students success and individual goals. The techniques we learn, are no nonsense self-defense, but we always have a good time learning them. All of this comes from the way Master Barry Brill runs the school. He is an encyclopedia of karate knowledge and teachings, while simultaneously being one of the most genuine people I've ever met. He cares about each and every student.

Being a martial artist, is something I am very proud of. I cried the day I received my first black belt, sharing the mat with my family who were also receiving theirs. It took a lot of hard work to get there, practicing to make sure I knew absolutely everything I needed to know, but the school had my back through the whole journey.

As I got older, karate stuck with me. The first place I drove when I got my license was to the dojo, and when I graduated college there was no question I would be returning to classes. Now, as an adult, I still hold those rules of school near to me. I learned the true meaning of dedicating myself to something, working my hardest to achieve my goals, even experiencing some setbacks along the way, but was always encouraged to keep going.

So, long story short, there is nothing else that will give a child the same experience they will get from Brill's karate. I promise!

Best wishes,

Gillian Malkin

I started taking karate when I was 6 years old, mainly because my dad's college roommate had done it and he thought it look cool. My brother and I started at the same time and worked our way up through the belt ranks together. Master Brill was one of the sensei's at our first school and, as soon as Brill's Karate opened, we joined right away! In addition to the great classes, classmates, and atmosphere, it was so rewarding to be able to help build the school from the ground up. In fact, we earned some of the very first black belts given by Master Brill, which was a huge honor.

All through middle and elementary school, we were able to go to class many times per week. This got a little bit harder in high school as the days were much longer, with school ending at 5:30 pm followed by an hour long commute from private school. Even with that, I knew that karate was a part of my life that I could not sacrifice and still managed to come to class almost every day...even though that meant I was still doing homework at 11 at night! But it was so worth it because karate gave me a sense of accomplishment and confidence that I could not have gotten anywhere else. Knowing that, even when I was studying abroad for a year after high school, I always made time to practice and even flew home a bunch of times to make sure I could still take classes.

When I went to college, I had to decide if I wanted to stay close to home or explore a new area...it wasn't even much of a decision because I knew if I went far away, there was no way I could keep coming to the dojo. I ended up in school in NYC (Columbia) and tried to come to class at least once per week. That got harder to keep up with as the amount of work I had to do increased, but I still tried to practice on my own as much as possible. This got even harder when I started medical and graduate school, and I was barely able to come to class for a few years. But more and more, I felt that something was missing and worked hard to be able to come to class again. Even though practicing on your own is important, it can't replace the feeling you get and the learning you do in the dojo! That meant sacrificing a lot of time and waking up early in the morning to be able to make it back to school on time but it was so worth it. In my last year of medical school, I realized I was so close to my next rank that, even with applying for jobs, taking tests and working long hours in the hospital, I continued to make the sacrifices I needed to and was able to earn the rank of 5th degree master. I had to work as hard as I ever had to be able to balance everything but I was able to do it and it was one of my proudest moments ever!

Karate has given me so much. From the age of 6, I always had something to work towards, something I knew wouldn't just be handed to me, and that lesson alone was important training for high school, college and beyond. But even more so, each time I mastered a new technique or skill or achieved a higher rank, I gained a feeling of accomplishment and confidence. And that helped push me to try to achieve even more.

Beyond that, the rules of the school - self-discipline, self-control, effort, respect, integrity and honor - apply just as much outside of the dojo as they do inside. Integrating the first three rules into the rest of my life meant that I would always stay on track and do my best. The second three rules were even more important because it made me feel like I was working for something bigger than just myself. On that note, being part of the Brill's Karate family means always knowing you have someone at your back no matter what. Knowing that other people have confidence in you, makes it easier to have confidence in yourself.

So all in all, karate has played a huge role in my life and allowing me to get to where I am today!

Dr. Jennifer Schloss

Part 2 - YOUR Goals Matter to US!

In my first 10 years of teaching, my personal motivation to being an instructor came from my Love of the Martial Arts! In my Second 10 years of teaching, my motivation came from the Excitement of seeing the results of my students. And always wanting to duplicate it in the “next generation.” My third 10 years of teaching is about my Love of Martial Arts and seeing the Great Results, but a Big Shift Happened! Instead of wanting MY goals for my students, I want to Achieve THEIR Goals!

Yes, I still want to Achieve Martial Art Excellence with my students, but the difference is we incorporate the Student’s Goals. (Or the parents’ goals for the children.) Everybody has different reasons for joining and particular benefits they want to achieve with the program. I now see our Biggest Passion is to Fulfill Those Goals, no matter how long it takes, even years!

The first way we take Your Goals Very Seriously is our “Benefit Sheet.” In fact, we ask the Benefit Sheet be filled out before your first visit! This will give us an in-depth analysis of your goals broken down in 3 major categories.

Mental

For example, Self-Discipline, Self-Control, Focus. (There are 11 sub-categories.)

Physical

For example, Muscle Tone, and Balance (There are 5 sub-categories.)

Self-Defense

For example, Sparring, and Proper Technique (There are 4 sub-categories.)

Next, on or before the 6-month time frame, we do a reassessment and send out our “Benefit Review” Sheet. This is a great way for our team and me to check in with the student (when an adult), or the parents to see if we are on track. At the students or family’s request, we will set up a meeting to discuss the progress and a “Game Plan” for going forward to make sure the student is receiving Maximum Benefit Toward Their Goals!!

Motivation Comes and Goes, but Passion is Forever!

Anybody, I mean ANYBODY Can Learn!

At Brill's Karate, ANYBODY can be taught, at any age, ability, and even with poor balance and coordination..... and just about ALL injuries can be worked around. ALL you need is a Willingness to Learn, and you will be Amazed how fast you can improve! You can progress at your own pace and learn at a rate you're comfortable with. If there is something you can't do, no problem, don't do it. (Yep, it's that easy!) If you have bad knees, focus on using your upper body. Bad shoulder?..... Focus on kicking and leg techniques. Besides, you wouldn't believe the "Miracles" I Have Seen!

Most people think they will be soooo bad that it is embarrassing, and it is true everybody learns at their own pace. But in the 30 years of giving "The First Class" to Thousands of Adults, Nobody Has Ever Done Anything Embarrassing! (And Neither Will YOU!)

Did you ever go to a restaurant and feel like you are being a pain to the waiter? Well, the truth is they are not doing Their job properly if you feel like you are always needing things. It's the same way with your Karate Classes! If you are feeling "less than" in any way, that is more on the instructor than on you! A Great Instructor will make Anybody Feel Comfortable!!!

Believe it or not, A LOT of Adults have a Desire and Willingness to learn Self-Defense, but sometimes they lack the confidence to try. (Which Martial Arts Will Give You!) Most people feel like they are going to embarrass themselves in front of others! But all the other students know what it is like at their first class and how intimidating it can be. The truth is everybody was new at some point, and they ALL know How You Feel!

I wish there was a Great Way to convince these people that it is not hard to learn, it's a lot of Fun, a great way to stay in shape, and meet Amazing People. (I have Found Martial Artists to be one of the nice people on the planet!) If more people realized it's not any of the scary things they imagine and start taking lessons, the world would be a much better place with more Black Belts. (More Super Nice People, Yay!!!)

Keep in mind, if a person with injuries attempts a Sport Style, that probably will not work out. When you are doing Self-Defense it doesn't matter, you use your best advantages! After all, you're not on a team, it's individual, so you can't let anybody down (like on a team), just have Fun and Enjoy Yourself. (With Nice People!)

Doing Martial Arts is One of the Greatest, Freeing, Fear Melting feeling EVER! It is like always having your own personal bodyguard with you at all times! To feel Healthy, Strong and more Confident than you have in your LIFE!! (OMG That's TRUE!)

*"Face Your Fears!"
(You Know You Will Feel AMAZING Afterwards)*

How Do You Build Character?

It's a Great Question and I guess there are many ways, but at Brill's Karate We Focus on 3 Methods!

First, by being a good example, which is most likely the most important way, and living to the highest standard of a Martial Artist! (And being Human, that is not always easy.)

Second, when a student comes and tells us a story of an incident that happened that day, we listen very carefully and ask as many questions as we can think of. Next, tell the student all the things that we believe they did that were appropriate and beneficial, then explain all the things they could have done to make the outcome work out in the best possible way.

Sometimes I think of it like a plane on automatic pilot, where the wind and the elements are always knocking the plane off course. The computer is always "readjusting" the direction of the plane to keep it going to the destination we want it to go. We are always "directing" our student to make the best choices!

(Life is one big lesson.)

The Third is based on Brill's Karate our "Six Rules of the School" - Self-Discipline, Self-Control, Respect, Effort, Integrity and Honor! Not only do the students recite the 6 rules after each class (Little Dragons do the first 3,) we highlight a new rule every week. We ask a student to give the definition, and everybody gives an example from their own lives. This reinforces the true character of the Martial Arts and brings it to life for the student. At Brill's Karate, The Six Rules of the School is the Golden Thread between the Physical Aspects of the Martial Arts and the Mental. (Not the hope and pray method to Character Building.)

After reading the letters from my long-term students, it's easy to see how the six rules of the school really has had a deep impact on our students! (It makes me really proud!)

We Understand What YOU are Going Through!

Experience Helps... A Lot!

In my 30 years of teaching Martial Arts, we have helped students of all ages to progress through just about everything! I think we have faced about every challenge there is and assisted countless kids overcome almost all situations imaginable. (Boy, I could tell you stories!)

If you are experiencing some difficulties, there is a good chance we have seen and dealt with it thousands of times. Now I am not saying we have all the answers by any means, but we have a wealth of experience to draw upon. With many years of trial and error, we can recommend what works (in most cases) and what does not!

This happens when my team and I work together with the parents as a partnership for the benefit of the student. When we all work together to come up with a solution, it has a synergistic effect because the parents can work with the child at home and with us in the Dojo (The School). When the parents do it alone, it can have a lesser effect, because sometimes the kids don't listen to the parents, because they are too comfortable with them. With us they feel safe and secure, but we always keep them "On Their Toes!"

There are many kids that are great listeners and always respect the adult authority figure, but there are many that do not. That is why it is important to have somebody they look up to and respect, a teacher like that can Move Mountains with These Kids!

Over the Years, I Think We Seen It All, but Let's Talk About What We See Most...

Brutally Shy.

I believe the Brutally shy students are the ones that will benefit the most from our teachings, but they are the most difficult to get started. NOTHING builds confidence like Martial Arts but getting these kids (And Adults) the courage to start can be challenging. I have seen situations where kids needed to watch 4 classes before they were willing to jump in. I have seen adults pull into the parking lot just to turn around and leave! (Yep!)

Once The Martial Arts takes root on these students, the confidence pours over into everything they do. (Friends, School, Sports, even eating habits.) When the Martial Arts Does its Magic, there Is No End to What Is Possible for Them. You would not believe all the lives I have seen turn around; I do believe that is why after all these years, I am still so passionate about what I do!

You definitely want to get this trait under control and replace with confidence as young as possible. Although, it is NEVER too late, even as an adult! Because Nothing will hold them back more throughout their life, than being shy and timid. It will hinder their ability to make friends, go to new places, try new things. As adults, it will slow them down or even stop them to go for the job they want, ask for the promotion, or simply stand up for themselves and say no when necessary!

High Energy.

The High Energy Student is a Fabulous Student to Have! All they need is direction and a place to put their energy. These students can be the Highest Achievers and Accomplish the Greatest Amount in One Lifetime! The secret is to catch them early and direct them down a Path of Success! The more success they achieve, the more they will Be Inspired to Do More!

But be careful, if you don't handle their liveliness and drive correctly, they can be sent down a bad path. Their energy can be used to get them into trouble and once they see themselves as a "Troublemaker" they will consistently do things to reenforce their new title. This will be a downward spiral that can feel like it never ends.

Lacks Focus.

Having students that lack focus is quite common! The remedy is to teach them to channel all that scattered attention with a "Laser Like" focus on one task at a time. When students see the success of their actions, they are inspired to take on bigger and bigger (and more difficult) tasks and challenges. I really believe there is a "Focus Muscle" and when you "Exercise" that muscle it grows and develops. Martial Arts is unmatched in its ability to stimulate this muscle! Because most of the learning and implementation of technique and execution uses a tremendous amount of "Laser Like Focus" on every task you do, you really need to be in the moment!

Without focus most of life's difficult tasks will be challenging, therefore setting them up for a lifetime of problems. When this "Muscle" is ignored, a person will find themselves in a similar situation as a high energy person. Eventually they may see themselves as a troublemaker, or just a "Failure."

Poor Listener.

A Child can be a poor listener for many reasons, but the solutions are usually the same. (Unless it is for neurological reasons.) The above categories are usually more deep seeded and take longer to overcome. Being a Poor Listener is more of a habit and can be broken relatively quickly if done correctly. These kids have made it a habit to stop listening to their parents, and a lot of times it transfers over to their teachers.

These kids tend to have higher levels of intelligence and confidence in themselves, and the problem can start by not listening to authority figures, next it grows into a bad habit. Even though being a poor listener can give the appearance of low intellect and confidence.

The easiest way to break this habit is to have an outside (of the family) person who THEY Respect and Trust who cares deeply for them to break the pattern. This comes in the form of an instructor that is kind but will not put up with that habit!

Done properly, these Students will completely turn this around and it will transfer over to all the other important people in their life! (As long as they have some respect for them.) When you give these students a new lease on life, they can grow up to be Great Leaders and people to be Admired! They usually have an Inner Strength and once they overcome the original issue they rise to the Pinnacle of Success!

When this issue is not taken care of, it usually ends up with poor grades and lack of confidence. Which is so sad, because having confidence would have been their Biggest Success Driver. Some issues with children go away as they age, but with a habit that's never broken, they suffer the effects for a lifetime!

This is not to be confused with "Attention Deficit Disorder" because that is something different. (see below)

Attention Deficit Disorder (ADD)

This condition can appear in different ways, including having trouble paying attention, focusing, hyperactivity, and impulsive behavior. When a person gets this diagnosis, it can take on many forms. I like to take the action necessary for that student depending on the behavior.

In most cases, the solution is one or a combination of the above categories. (High Energy, Lacks Focus, Poor Listener) When you spend enough time with the student and create a bond, you have a big advantage in knowing the most effective techniques for their situation. When using Martial Arts as a tool, we can help them overcome their personal issues and bring them to their Fullest Potential! A lot of times these children have amazing talents and can perform at genius levels in interesting ways.

First control their issues, then it is like searching for treasure, bringing out their gifts!

When ADD is not treat properly as a child, it can persist into Adulthood. It can lead to low self-esteem and confidence, trouble with relationships of all kinds and having issues at school or work!

The Kids Who Don't Like Anything.

Nothing gives me more pride than being part of a team that helps with so many issues. Although, the group we have the best success with is the kids that don't like anything. (Except Video Games.) Many parents came to me depressed and told me their kids have no interests or motivation to do anything.

Fortunately, we're able to get many of these children to sign-up. (I guess because we are so much Fun) And I watched them train through the years until college! I had many kids that started at 5 and stayed until they went off to school. (This issue is common at ages 8 and up.) I think it's also important we have the parents' support. When you are training for many years, there is always times when you want to quit, but a good support team around you can make all the difference!

I don't know why we do so well with these kids, but we do have a high success sign-up ratio with them. First, getting them to agree to start! Second, getting them to stay for many years! They tell me they wouldn't trade what they've learned, and the friends they made, for all the money in the world! (They are priceless to me also!)

No Matter What YOU Are Going Through, Martial Arts Should Be Part of the Answer!

My Passion is Helping the Greatest Number of People, by assisting them to Reach Their Goals and Dreams! I even enjoyed helping people when I was a kid, maybe that is why I always took to teaching even as a young person. In my opinion, the Martial Arts is the Biggest, Greatest, Most Effective Tool there is to make positive changes in a person's life. It is So Powerful and Such an Amazing Weapon no matter what you are dealing with, to make the Most Positive Changes and bring a person to their Fullest Potential, Mentally and Physically!

Part 3 – Let's Talk About the Program!

Wow! Belt Requirement are Important!

Having a clear written curriculum is the backbone for any Exceptional Martial Art School! It is a sign of Excellence when generation after generation is trained to the same Superior Standard!

It can be challenging for a student in many ways when there is no clearly defined curriculum. There can be confusion of what is required of them, and what area they need to improve. What is being taught tends to be at the discretion of the instructor at that time. There generally are gross inconsistencies from students in the past, present, and future, since they are learning different things at different times. To compound the problem, in most cases the quality of the student generally goes down as the years pass by and Not Up!

Generally Speaking, the "*Calisthenics Academies*" are the ones who are most guilty of a poor Curriculum, mostly because Martial Arts is Not Their Biggest Priority. These are the schools that spend most of their time exercising and not with a Martial Art Curriculum.

At Brill's Karate, we have a clearly written Belt Requirement Curriculum that has set a standard for Excellence, even for our youngest students! (Little Dragons 3 ½ - 5) All the way to the highest Ranks of Black Belt. (Even past Mastery Level!)

We Even Have the Material on Video, to Make at Home Training and Practicing a Breeze!
(Very Thorough and Cool!)

Create Your Tomorrow, Today!

Why Awards are Necessary!

A lot of Schools and Academies have only one tool to motivate their students, and that is Belt Advancement. (Testing for a new Karate Belt.) That is Fine, but this influences Instructors to test their Students for their next belt before they are ready, in hopes they don't lose interest and quit! This leads to what's called "Belt Mills," which is when a school turns out many Black Belts that some say haven't earned it.

The more Awards and Distinctions a School offers, the more they can be True to the Martial Arts and promote Students when they have earned it. This is because they have many other ways to motivate their students and keep their interest high!

How Do You Reward a Karate Kid?

Ages 3 ½ - 7 (Little Dragon & Peewee Class)

You would think having an Amazingly Fun Class is all you would need as a reward for our youngest students! But there is more!

Special Sticker Program, Gold Medals, & Achievement Stripes:

Now you would think this is just a way to measure when it is time to get a belt promotion, but it is so much more! It is true that once you get 30 special stickers it is time for a new belt. (Very Exciting!) When a new student puts their name on the chart, it all starts! Once they get to the 5-week mark, they earn a Gold Medal and a Certificate. Next, they get all 10 stickers at the 10-week mark, they get a Gold Star on the Board and their First Achievement Stripe on their Belt! (Again, Very Exciting!)

All our Little Dragons & Peewee's go through these steps a total of 3 times, earning Medals and Stripe in the process. This means is our youngest Students are always Motivated and Eager to Progress and Learn!

After all 3 Stripes are earned, the Peewee's will go for the Belt Advancement with the other kids. This is a formal exam that gives the Students a feeling of Pride and Accomplishment with Meeting Their Goals! (Big Confidence Booster!)

The Little Dragons are not quite ready for the formal Belt Testing; Therefore, we have a Special ceremony at the end of class. Their classmates participate and help as they receive their belt in a Very Special Way! (Super Cute!)

Learning to Say Yes Program:

This is a Fabulous Program developed to make progress for some of the most challenging issues parents face at home. We give Parents a valuable tool for helping their children with the everyday issues and difficult times of day. For example, nighttime procedures, listening skills, responding timely to directions, using self-control (At Home), and everyday tasks. (I am Looking Forward to Showing You this Amazing Program!)

Earning Patches:

This is a great method for Motivation and Excitement! Kids Love to earn Patches and put them on their Uniform and a Great Way to supplement other Programs and Rewards!

Ages 8 -17 (Juniors, Pre-Teens, Teens)

Kids of this age group THRIVE on Recognition and let's be truthful, Almost Everybody Does!

Performance Awards:

For our Eight-Year-Old Students and Up, we have Awards and Distinctions for their Great Effort in each class. They can earn any one of these Awards, Stretching, Speed, Power, Sparring, and Grappling. This keeps their overall motivation high, but also in each part of every class. At the end of the month, the student who gets the most Awards in any category, receives "The Big Certificate." For example, whoever got the most Power Awards for the month, gets the "The Big Power Award."

Bonus Awards:

This is a Great Way to Shine! We have a set curriculum for every rank, including every Degree of Black Belt. Along with the set curriculum, there is "Bonus Material." This is not a requirement for Belt Advancement, but for those High Achievers looking for More, and a Great Way to Challenge Themselves!

Character Awards:

If you read earlier about how you build character, these Awards bring it to a Whole New Level. The Character Awards are based on the "6 Rules of the School" and when a student can demonstrate and document multiple (Depending on which one of the Six Rules) accounts of their actions for a given "Rule" they receive the Award! For example, if you document 30 real life situations where you used Self-Control, you will be Presented the Self-Control Award!

Dedication Awards:

Dedication and Discipline go “Hand in Hand.” Rewarding Dedication increases a person’s Discipline. It’s a Wonderful Award to receive, because it praises Commitment! With every new Dedication Award given, it raises and reinforces a student’s commitment to their Goals and Themselves!

We have a - 3-, 6-, & 9-Months Award, 1, 1 ½, 2, 2 ½, & 3 Year Award and Every year afterwards. From the time of this writing, the highest we have given out is “26 Year Dedication Award!”

“Discipline Weighs Ounces, Regret Weighs TONS!”

Jim Rohn

“Everything You Need (& Desire) is Within Reach with Discipline!”

“You Can’t Beat the Person Who NEVER Gives Up!”

“Discipline is the Secret to Happiness!”

(With Discipline you can reach your goals, the more goals you reach the happier you’ll be, it’s human nature. Remember what Mason said about Discipline in the beginning of the book!)

Why Keeping in Contact is Important!

I make it a point to reach out to my students on a regular basis and make sure they're Happy with their training. I send them thoughtful articles I wrote that I believe would enhance their training. As a budding Martial Artist, it is good to get inspiring messages. The classes are fun, but let's face it, it still takes Discipline to earn a Black Belt!

It's all about mental attitude, it is so easy to get thrown off course and loose site of your original goals. We Understand and we are always there for our students in our "Karate Family!"

Why They Refer

Our school receives an impressive percentage of our new students from referrals. We are So Grateful for all the Trust our current (and past) students have put in us by referring their friends and family! I guess because our students get so many benefits, they enjoy spreading the word! The people in our "Karate Family" realize we understand their particular situation. And we will strive to improve their lives, and if given the chance, the lives of their close friends and family! They know we will treat them in the same manner, as they have been treated. After all Martial Arts is all about Respect! This is our Passion, and this is what we LOVE!

Part 4 – The Ultimate Self-Defense System!

I know below it's going to sound like I'm getting into the Martial Art weeds but stick with me. This is really important to understand, and most people would never realize how important this section is to Defending Yourself!

4 Ways of Fighting

To understand Self-Defense, it's best to have a clinical view, so when it comes to fighting, there are only 4 ways to do it.

- *First is the Hitting Arts, where you use your hands and arms for blocks and strikes.
- *Second is the Kicking Arts, where you use your feet and legs offensively and defensively.
- *Third is the Felling Arts, which includes all the ways to bring your opponent to the ground (takedowns).
- *Fourth is the Grappling Arts, which is wrestling while standing or on the ground.

Why is this Important:

The reason it is important to be aware of the "4 Ways of Fighting" is because the higher the number of "Ways" that's offered the better. There are very few styles that only do one method, but to get full utilization it is best to have many or all the "Ways" of fighting. An example of a one-way fighter would be a Boxer, they only use the hitting arts (Punches.) As you can see, they totally limit their striking potential by not using their legs for kicking. After all, your legs are your biggest, strongest, longest weapons you have.

"2 Ways of Fighting" Styles:

(Most schools and Styles use only 2 "Ways.")

Most Karate Styles use 2 (Hitting & Kicking)

Tae Kwon Do uses 2 (Kicking and a little Hitting)

Jiu-Jitsu & Judo use 2 (Takedowns & Grappling)

"4 Ways of Fighting" Styles:

Shaolin Kempo Karate (Taught at Brill's Karate) is Renowned for the first three ways of fighting and has extensive techniques, theories, and practical applications for the fourth, but without sport rules. Therefore, we combine all "4 Ways" to make the ultimate Self-Defense System that adapts to ALL Situations!

4 Distances of Fighting

Learning to understand the “4 Distances” is critical if you genuinely want to explore Self-Defense that can cover any situation that you may encounter.

*The first distance is when opponents are furthest away from each other, for example, if an attacker is charging at you with a bat and he is taking several steps toward you. Therefore, you need to quickly get to the assailant to stop his attack before he swings, and you need to cover distance to stop him.

*The second distance is a boxing or “street fighting” distance.

*The third is much closer, where knee and elbow strikes play the biggest role, and this “In Close” distance is where Shaolin Kempo Karate (Our Style) is best known for.

*The fourth is grappling, while standing or on the ground.

(I will admit this is still a little technical, but stick with me, it is still good to understand!)

The reason it is important to be aware of the “4 Distances of Fighting” is because the greater the number of “Distances” that a student feels comfortable with and able to execute, the better. To defend yourself in any place (and situation), it is best to be proficient at all the ranges. For example, things would be different if you are attacked in the park with open space, or a small elevator/narrow stairwell.

There are a few styles that only do one “Distance.”

1 - Distance Styles:

Tae Kwan Do: Only the first distance, they get to utilize their long kicks.

Boxing/Street Fighter: Mostly the second distance for punches and Jabs.

Ju-Jitsu: Only the fourth distance, Grappling (Standing or on the ground)

2 - Distances Styles:

Karate uses the Second and Third Distance, with their punches-kicks and elbows-Knees. This varies depending on the school and style of Karate. (There are many Japanese Karate Styles.)

Why is this Important:

When you learn “ALL 4 Distances” you have many options available to you, and can use your opponent’s lack of ability and skill against them by fighting at a range they haven’t trained for. Tae Kwan Do is mostly the first distance (furthest away), so when you move in on them, they don’t know how to handle it. And they are usually spending all their energy back pedaling and not being effective.

A Street fighter - keep them back or get really close up and “Lock-em-Out.”

For a Jiu-Jitsu Grappler, use distance with your kicks and when they try to “Close the Gap” use the 2nd distance like a street fighter to overwhelm them.

4 - Distances Style:

Shaolin Kempo Karate (Taught at Brill's Karate)

At any distance you find yourself from an attacker, you can defend yourself with Skill, Knowledge, and Abilities that will get you out of almost Any Situation.

Very Important:

Combining the "4 Distances of Fighting" & "4 Ways of Fighting" gives a Student the Ultimate in Self-Defense and a Complete Fighting System!!

Weapon Defense

A little further into your training you will learn to defend against an attacker with a weapon. For the Adults it starts at Purple Belt, that's the 4th belt up, and for kids it starts a little later at Green Belt. The reason we don't start right away is because it is hard enough to stop an attacker without a weapon, no-less with one.

It is possible for a lower ranking student to be introduced to the concepts of weapon defense. This way they have a familiarity and may already have the skill needed by the time it is a requirement.

In time, you will be efficient at stopping most weapon attacks, such as a club, knife, or gun from close distances.

Weapon Training for Those Who Are Interested in Learning

At the rank of Green Stripe, you will have the option to start learning how to use weapons if you choose. The 1st Weapon you learn is the "Jo Staff" and that is a 4-foot stick. The reason that we offer the Jo Staff as the first weapon, is because it's easily found in most environments. (Pool Stick, Broom Handle, Tree Branch)

The next weapon offered is the "Bo Staff" at Brown Belt, that is a 6-foot stick. (Jo means little, Bo means big)

Once you get to the Black Belt Level, we offer a wide range of traditional weapons to choose from. One of the biggest advantages of learning many kinds of weapons is after a while, you can pick up almost any object and know how to use it as a self-defense weapon. (That's Pretty Cool!)

Hours of Training

As the Head Master & Founder of Brill's Karate, I have driven out of state hundreds of times to find the Absolute Best Training! I studied under the Top Instructors in the Country for over 30 Years!

At the time of this writing, I have over 20,000 hours of total training time and if you include in-class teaching experience, it is well over 45,000 total hours. This gives my students the Very Best in Knowledge and Real-World Experience! This brings to our school the best possible, Unquestionable, Dependable Self-Defense that would be Extremely Difficult to find Anywhere Else!

Our Master Instructors have around 4,000 hours of training to give the absolute best in Technique, Skill, and Efficiency!

Our 3rd & 4th Degree Black Belt Instructors have around 1,400 hours of training so they can act as a technician to solve any issue that may arise with a student and are experts in the Arts!

Our Brown Belt, and 1st & 2nd degree Black Belt Instructors range anywhere between 600 – 1200 hours of training so this way they can bring our Students a Wealth of Experience!

Even our youngest Assistants can have 100 -200 hours of class experience to guide and help out the younger and less experienced students.

All our instructors are trained in all areas of self-defense, street fighting, weapon defense, use of weapons, all locks and grabs, fighting from the ground and Ju-Jitsu's, and defending against multiple attackers. Our Instructors have spent countless hours perfecting these skills!

Part 5 - The Story Behind Writing “Why Martial Arts Matter”

I wrote my first Book in 2015 and I wanted to explain the background of, “Why Martial Arts Matter” and why I wrote the book. It all started with a phone call that I had with a mom looking to get her kids into a Karate program. It all started from one simple question!

She asked me what is the difference between Tae Kwan Do and Karate? So, I went on to explain the difference between Sport Styles and Self-Defense Styles, and it only took me about 5 minutes. But after I was done, she thanked me profusely and said she’s been asking everybody she knows, (Even all the parents at her kids’ sports outings) and said that nobody could tell her the difference.

That had me thinking!

I bet there are thousands of parents who have no idea about the difference between the multiple kinds of Martial Arts. I am not surprised if people are thinking they’re all the same, but nothing can be further from the truth!

So, my original objective in writing the book was to educate people, so they can pick the correct style according to their goals. I didn’t want a student to train at a school for months and realize it’s not the style or school for them (Even Brill’s Karate), or worse, thinking Martial Arts in general is the problem.

After starting the book and breaking down the popular styles, I started thinking!

There are so many things to know, and a Non-Martial Arts would never be able to find out. No matter how much research they do, a person needs to be in the “Insiders Club” to know the truth. I always wanted to tell the truth, so nobody’s time gets wasted, and being upfront is always the best way to go.

After writing about Martial Art styles, I went on to write about all the benefits for Kids and Adults. Because people don't know all the things Martial Arts can do to improve their lives.

Then, I went on to expose all the tricks and unscrupulous things schools do to make their Business More Profitable! (Chapter 5 & 6) This was my favorite part, because I always despised the traps they create, and once potential students (and their families) figure it out, it gives them a bad impression! It’s only after you had time to think about it when you realize you been played. I detest the rip-offs because it gives a bad reputation to ALL Karate Schools.

I spent six months writing the book, and it was a lot of work, but it was totally worth it! (With help from a Great Friend!) That was 6 years ago, and I still have never seen anything like it. I guess nobody was willing to take the time to explain to the people the different styles. And NOBODY was willing to tell all the "Insider Secrets!"

It felt like a big accomplishment and I was proud! Even today I still hear all the people that are grateful for the information. I wish I had my book then, to give to the original woman who asked me the question! (I Owe Her A Lot!)