

# March Video

## Condition & Skill

### Conversation Starters

- What would you have to do to become more popular and are you willing to do it?
- Would you give up some of your personal freedoms for money?
- What will be the best and worst things about being an adult?
- What would you love to study in the future?
- Do you believe in aliens?
- Who would you trade places with for one month?
- Did you ever throw away an item that you wish you had saved?
- What movie had the greatest impact on you?
- If you could rename yourself what name would you choose?
- What's your biggest fear?
- What's your favorite brand?

### Preview Questions

- Brainstorm what condition and skill mean to the group. Definitions as they pertain to video include:  
*Condition – Put into a better state. Keep your mind, body, and spirit healthy*  
*Skill – Ability that has been acquired by training. Learn well. Learn the details. Practice them every day.*
- Why are condition and skill important to your success?
- Is there a difference between conditioning to be a professional athlete and conditioning to be a doctor? Why or why not?

### Post Show Questions

- TJ Storm has the skill of an 8<sup>th</sup> degree martial artist, yet he still continues to develop his knowledge and skill. Why does he do this? If you have an A in a class does this mean you know everything there is to know?
- TJ says that developing condition and skill requires a lifestyle of learning. Make a list of ways that you saw TJ supporting his lifestyle of learning. (If you have them, give students a few post-it notes and have them write their ideas on each and put them on the whiteboard or a poster and use this to start a discussion.) What are ideas you could use to develop a lifestyle of learning as a student? (repeat post-it note exercise)
- TJ Storm tells the host, "Wearing a black belt does not make you a black belt." What does he mean by this and how can this apply to you in your everyday life?

### Pyramid in Action

TJ has a passion for the skill he has worked hard to acquire. Choose one skill you are interested in developing or improving. How can you condition yourself to develop that skill?