



ANTARA
JIU-JITSU
ACADEMY



C.O.D.E.TM OF CONDUCT

**A PARENTING GUIDE
FOR RAISING STRONG,
CONFIDENT KIDS**

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INTRODUCTION

WHY OLD-SCHOOL PARENTING STILL WORKS

Parenting today has become a battlefield of opinions. Open social media and you'll be flooded with experts, blogs, and influencers preaching about 'gentle parenting,' 'positive psychology,' or 'new-age methods' that promise happiness without hardship. But if you step back, if you strip away the noise, one truth stands. Kids haven't changed.

Children still need rules. They still need structure. They still need to be told 'no'. They need parents who are willing to lead, not negotiate every boundary. When we look back at past generations, many of us remember parents or grandparents who weren't afraid to set standards. Were they perfect? No. But they raised resilient kids who knew how to respect others, how to work hard, and how to bounce back from failure.

The problem with much of modern parenting is softness. We've mistaken comfort for love. We think shielding our kids from every difficulty is helping them, but it's not. Struggle is the training ground of life. When we rob our kids of struggle, we rob them of growth.

That's why I developed the C.O.D.E. of Conduct. It's a framework rooted in timeless truths. Confidence, Objectives, Discipline, and Excellence. These four pillars will prepare your child for the real world. Not a world that bends to their moods, but one that demands effort, resilience, and respect.

This book won't give you shortcuts. It won't tell you to let kids 'find their own way' while you stand back. It will challenge you to lead, to expect more, and to hold your child to higher standards. That's how strong families are built. That's how capable adults are made.



CONFIDENCE

BUILDING STRENGTH THROUGH STRUGGLE



Confidence comes not from always being right, but from not fearing to be wrong."

- PETER T. MCINTYRE

Confidence is not something you can gift your child with a pat on the back. It's not built by telling them they're special or brilliant. Confidence is forged in the fire of effort, in the sting of failure, and in the pride of getting back up.

We live in a culture obsessed with praising kids for the smallest things. Stickers, trophies, applause for participation. The intention is good, but the outcome is bad. Kids who are constantly told they're amazing don't actually believe it deep down. They know when praise is empty. They sense when it's not earned. And when life gets tough, when the teacher gives real criticism, when the coach benches them, when the exam comes back with a low grade, the illusion shatters.

Old-school parenting builds real confidence because it connects confidence to effort. You don't tell a child they're strong, you let them discover it by doing hard things. That means stepping back and letting them wrestle with difficulty. If it takes them twenty minutes to tie their shoes, so be it. If they stumble through a presentation, don't jump in and rescue them. Let them feel the weight of it. Then, when they succeed, point out how their persistence paid off.

One of the worst things we can do as parents is to smooth every path. The world won't do that for them. Better they learn at home, in a safe environment, that effort is the only road to confidence. When your child tries, fails, tries again, and eventually succeeds, something clicks inside them. They think: If I can handle this, I can handle more. That's real confidence.

PRACTICAL WAYS TO BUILD CONFIDENCE:

Stop overpraising. Instead of saying, 'You're so smart,' say, 'I saw how hard you worked on that problem.' Expect independence. Don't do for your child what they can do themselves. Every time you step back, you give them a chance to grow. Normalize mistakes. When they fail, don't rush to comfort. Say, 'This is how we get better. What will you try next time?' Expose them to challenge. Sign them up for sports, martial arts, anything that requires discipline, failure, and persistence.

Confidence is not loudness. It's not bravado. It's quiet strength. It's the inner voice that says, 'I can handle this.' And the only way your child will develop that voice is through struggle. So stop trying to make life easy. Start helping them face what's hard. That's where confidence is born.





OBJECTIVES

TEACHING CHILDREN TO AIM WITH PURPOSE



"You can't hit a target you cannot see, and you cannot see a target you do not have."
- ZIG ZIGLAR

A child without direction drifts. They spend hours glued to screens, bouncing from distraction to distraction, because they have no clear target pulling them forward. Purpose anchors kids. It gives them a reason to push, to focus, to achieve. And that's what Objectives are all about.

In old-school homes, kids didn't just 'see what happens.' They had chores, schoolwork, responsibilities, and expectations. Those weren't punishments; they were objectives. They taught children how to plan, how to manage time, and how to deliver results. Today, too many parents lower the bar. We're so afraid of overwhelming kids that we set no real goals at all. The result? Kids grow soft.

Objectives don't need to be complicated. They just need to be clear, measurable, and consistent. Don't say, 'Try harder in school.' Say, 'Finish your homework before dinner every night.' Don't say, 'Help more around the house.' Say, 'Take out the trash every Tuesday and Thursday.' Vague goals create excuses. Clear objectives create accountability.

When you set objectives, involve your child, but don't hand over control. Let them choose small goals within the boundaries you set. Maybe they decide to save money for something they want, or to master a new skill. The point is to teach them that life moves forward when you set a target and commit to it. And remember, objectives without follow-up are just wishes. Check progress weekly. Hold them accountable. Celebrate when goals are achieved, not with money or gifts, but with recognition. A nod, a handshake, a simple, 'I'm proud of the effort you put in.' That sticks.

WHY THIS MATTERS:

Kids who learn to set and achieve objectives grow into adults who don't wait around for handouts. They stop blaming circumstances and start taking responsibility. They understand that progress isn't random. It's earned.

Direction changes everything. A child who knows what they're aiming for develops focus and determination. A child with no objectives becomes passive, distracted, and lost. Don't let your kids drift. Teach them to aim. Teach them to work. Teach them that objectives are the road to growth.





DISCIPLINE

LOVE WITH BOUNDARIES



"The pain of discipline is far less than the pain of regret."

- SARAH BOMBELL

Nothing shapes a child's future more than discipline. And nothing is more misunderstood today. Too many parents think discipline means punishment. They avoid it because they don't want to seem harsh. But discipline isn't punishment, it's training. It's the steady process of teaching kids self-control, respect, and responsibility.

Children without discipline become adults without direction. They expect life to bend to their moods. They quit when things get tough. They disrespect authority because they never learned to respect it at home. That's why discipline is love. A parent who refuses to discipline isn't being kind, they're being careless.

Old-school discipline is firm but fair. It's not about yelling or hitting. It's about clear rules and consistent follow-through. It's about saying, 'This is how we do things in this family, and that line will not move.' When kids know the boundaries are fixed, they stop testing endlessly. But when they sense weakness, they exploit it. That's human nature.

So stop negotiating every rule. Stop giving ten warnings. Stop backing down when your child pushes. If you say no, mean it. If you set a consequence, follow through. Consistency builds respect. Inconsistency breeds chaos.

PRACTICAL DISCIPLINE PRINCIPLES:

Be calm, not explosive. Discipline doesn't require anger, it requires resolve. Use logical consequences. If they don't do homework, they go to school unprepared. If they mistreat belongings, they lose them. Don't lecture endlessly. Say it once, enforce it, move on. Never reward bad behavior. If tantrums get them what they want, you've just trained them to repeat it.

Discipline is not about control. It's about preparation. It prepares kids to face a world that doesn't bend to their moods. It gives them inner strength to do what's right even when it's hard. When you discipline your child, you're not being mean. You're giving them the gift of self-respect.





EXCELLENCE

RAISING THE STANDARD



"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

- ARISTOTLE

Excellence is the antidote to mediocrity. It's the refusal to accept laziness, shortcuts, or half-done work. In today's world, kids are praised simply for showing up. Participation trophies, inflated grades, endless applause for minimum effort. That's not excellence. That's entitlement.

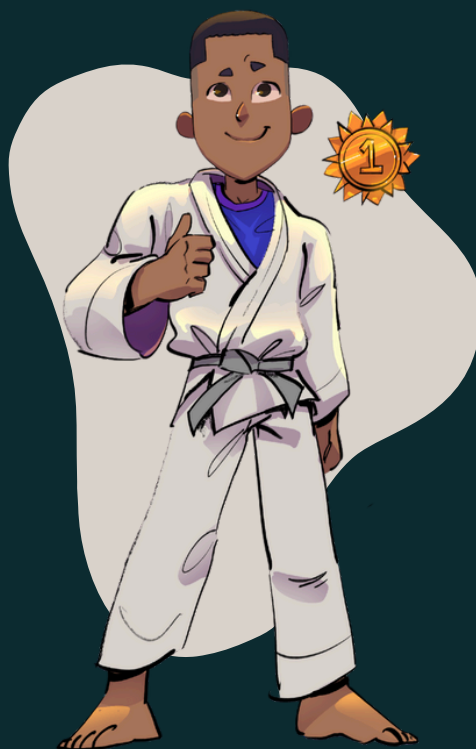
Old-school parenting means raising the bar. It means teaching kids that how you do something matters. If you're asked to clean your room, it's not enough to shove the mess under the bed. If you're asked to do homework, it's not enough to scribble through it. Excellence means doing the job properly, with care and pride.

This doesn't mean perfection. Excellence isn't about flawless results. It's about effort, standards, and pride in the process. It's about saying, 'We don't cut corners in this family.' That standard prepares kids for life, where quality matters and reputation is built on consistency.

PRACTICAL WAYS TO INSTILL EXCELLENCE:

Show them what 'done right' looks like. Don't just say 'clean your room.' Walk them through it until they understand the standard. Make them redo sloppy work. Not as punishment, but as training. 'Try again. Do it properly this time.' Model excellence yourself. Kids watch how you handle your responsibilities. If you cut corners, they will too. Praise effort toward high standards. Recognize when they push themselves, even if the result isn't perfect.

Excellence is contagious. When it becomes a family culture, kids start to carry themselves differently. They stop settling for average. They start taking pride in small things, because they know the small things shape the big things. And that mindset will carry them further than any trophy ever could.





THE TAKEAWAY

Parenting is not about making life easy for your kids. It's about preparing them for the real world. The world rewards those who are confident, who set objectives, who live with discipline, and who pursue excellence. That's the C.O.D.E. of Conduct.

If you hold to these principles, firmly, consistently, without apology, you will raise kids who respect themselves, respect others, and rise above the softness of modern culture. They may fight you now, but one day they will thank you. Because deep down, every child craves the structure and strength that only old-school parenting provides.

The C.O.D.E. of Conduct isn't just a framework. It's a way of life. And if you live it in your home, you won't just raise strong kids, you'll raise strong adults who carry your legacy forward.

