





Watch animation daily!  
Only one perhaps,  
several times.



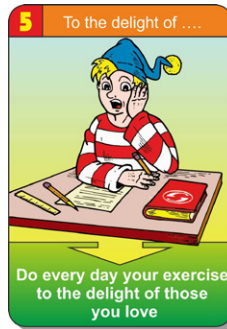
Tell the stories again to  
others in your words.  
Make it with enthusiasm!



Some stories have a song,  
sing it all day long.



Watch the technique and make  
the exercises. All great players  
will do this in the future.  
Start now!



Everything you do - Do  
it for the delight of somebody  
you love - your parents, coach  
or god.



Do all exercises with different  
postures or in combination with  
other gymnastic exercises.  
It enables you to develop catlike  
agility!



**Only by possessing character  
can you conquer the world.**

**„Be a conqueror!“**

Sing it



**You can  
achieve this!**



[www.charaktergeschichte.de](http://www.charaktergeschichte.de)



**What is character?**

Character, is the linchpin of life,  
is the collection and implementation of virtues, of the inner values of  
truth, righteousness, love, peace, and nonviolence,  
which will be reflected in everyday life.