

Name: _____

Date: _____

Honor

There are 9 major life skills that we teach along with our forms, one-steps/sparring and self defense. They are *Courtesy, Integrity, Goals, Honor, Self-control, Respect, Attitude, Loyalty and Perseverance*. Now that you have joined the high color belt ranks it is even more important than ever to have honor. What is honor? It actually uses several of our other life skills put together. It is showing respect and courtesy to other people, and yourself, to treat them well. Doing the honorable thing is doing the right thing. Using your integrity (another life skill!).

This cycle, focus on showing honor to your parents, teachers, other students and to yourself. List at least 5 different ways you have shown honor to others and at least 1 way you can honor yourself. Use the back of the paper if necessary. This may seem like a hard thing to do, but having honor is a large part of the Korean life style and therefore is hugely important to your growth as a martial artist. To become a black belt without having honor is to not have achieved anything at all.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Remember to turn this sheet in before testing and to always have honor with others!

Parent signature _____