

Name: _____

Integrity

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. What is integrity? The dictionary defines integrity as a firm adherence to a code of moral values. That means doing the right thing even when no one is looking. Integrity says a lot about who you are as a person. Do you try to get away with something if you think no one will find out? What happens when they do find out? Integrity is a very important point in TaeKwonDo and in life. Think about ways you can show integrity. List at least 3 things you can do:

1. _____

2. _____

3. _____

Think back to when you were learning Songahm 3 (yellow belt). One of the one-steps summed up integrity really well:

Integrity - choosing right over wrong, ALWAYS!!

Focus on your integrity this cycle and always. You will be a better person for it!

Remember to turn this sheet in before testing.

Parent signature: _____