

Name: _____

Respect

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. As an orange belt you are beginning to see how we show respect in the studio. What is respect? The dictionary defines respect as to consider worthy of high regard. You could say it is treating others (or things) as we wish to be treated (or have our things treated).

List 3 ways to can show respect to your parents:

1. _____
2. _____
3. _____

List 3 ways you can show respect in TaeKwonDo:

1. _____
2. _____
3. _____

List 3 ways you can show respect for yourself :

1. _____
2. _____
3. _____

There are many other things that we can have respect for such as the environment, our country, your school etc. This cycle keep in mind all the ways you can show respect. It will make you a better person and help you in your journey towards your black belt.

Please turn this sheet in prior to testing.

Parent signature: _____