



RESPECT MEANS TREATING PEOPLE THE WAY YOU WANT TO BE TREATED.

Write down three ways that you showed respect by being gracious to someone else, even if they didn't deserve it; first, at the studio, then, at school or work, and finally, at home:

At the studio: _____

At school or work: _____

At home: _____

Why is respect one of the first and most important traits in martial arts?

Should you give respect to someone who hasn't earned it yet? Why, or why not?

List five things in your life that deserve your respect:

1. _____
2. _____
3. _____
4. _____
5. _____



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“Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.” - Philippians 2:3

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