



# Respect

***"He who wants a rose must respect the thorn."* – Persian Proverb**

## Dear Parents,

This month we are learning about respect — respect for others and self-respect. The martial arts has always placed a high priority on respect, as it is in all relationships. Without respect, there can be no trust and no support or encouragement. Respect is the foundation of a successful and fulfilling life.

It is important that children learn the importance of respect, and how to truly show respect for others. We strive to teach and model these important lessons every day through our martial arts training. We have provided some suggestions below on how you can help your children learn the importance of respect.

## Other Things Parents and Caregivers Can Do to Help Their Children Learn Respect

**Model respect for them.** You have the most influence on your children. They will pattern their behavior after what they observe you doing. Go out of your way this month to display respect for others in front of your children. Also, talk to them about the importance of self-respect.

**Give them concrete actions to take.** Give them some things they can do to show respect for others. Helping a sibling with a chore, helping a friend with homework, and obeying you or the teacher the first time they are instructed to do something are all good examples of showing respect. These examples will help them see that showing respect for others requires actions more than words.

**Remind them of what they learn in martial arts class.** We work hard to teach respect to our students. Remind your children of what they learn in their class, and how they can apply it to other areas of their lives. Making the connection between what they learn in their martial arts school and what they do in other places will reinforce the importance we place on respect.

**Help them respect themselves.** It is hard to show respect for others, or to gain the respect of others, if we don't respect ourselves. Children often have a hard time gaining self-respect. Help them by emphasizing the importance of exercise, learning, and helping others. As author and motivational speaker Tony Robbins tells us, these actions will “feed and strengthen our minds, body, and spirit.” They will generate self-respect.

**This month our weekly lessons will cover:**

## Week One:

*"Every human being, of whatever origin, of whatever station, deserves respect. We must each respect others even as we respect ourselves."*  
— Ulysses S. Grant

## Week Two:

*"Respect your fellow human being, treat them fairly, disagree with them honestly, enjoy their friendship, explore your thoughts about one another candidly, work together for a common goal and help one another achieve it." — Bill Bradley*

## Week Three:

**"If you want to be respected by others  
the great thing is to respect yourself.  
Only by that, only by self-respect will  
you compel others to respect you."  
— Fyodor Dostoyevsky**

## Week Four:

**“A friend drops their plans when you’re in trouble, shares joy in your accomplishments, feels sad when you’re in pain. A friend encourages your dreams and offers advice — but when you don’t follow it, they still love and respect you.” — Anonymous**

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**Respect:** *To hold in esteem or honor; to show regard or consideration for.*

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## **Respect: A fundamental tenant of the martial arts**

One of the first things every martial arts student learns is the importance of respect. It is the foundation of every relationship. Without respect, a student cannot learn, a teacher cannot teach, friends cannot provide support and encouragement, and families cannot grow strong. Teaching kids to respect themselves and others prepares them for stronger, more meaningful relationships.

### ***Questions:***

1) Why is respect important to the learning process?\_\_\_\_\_

\_\_\_\_\_

2) Teaching kids to respect themselves and others prepares them for what?\_\_\_\_\_

\_\_\_\_\_



All good Karate students are responsible for their actions inside and outside the Dojo. To earn your monthly patch, you will need to do three jobs at home without being told by your parents every week. These could include washing the dishes, picking up your room, or feeding the dog.

Fill in the three jobs that you have done at home without being told and ask your parents sign below.

**Three Jobs I Did Without Being Told:**

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Student Name (First & Last / Please print clearly)

\_\_\_\_\_  
Parent Signature

**Week 2**  
**Due by Saturday, February 16**



*Respect your fellow human being, treat them fairly, disagree with them honestly, enjoy their friendship, explore your thoughts about one another candidly, work together for a common goal and help one another achieve it.*  
~Bill Bradley

### ***Respect leads to cooperation***

We know the importance of teamwork and cooperation. However, it is difficult to work together with someone if you don't respect them. Having respect for your teammates and classmates means valuing their contributions and allowing them to add their voice and talents to the overall goal.

#### ***Questions:***

1) How do you feel when you are left out of a group project or not picked for a team at school?

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2) How does respect build cooperation? \_\_\_\_\_

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*Week 2*  
*Due by Saturday, February 16*



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Fill in the three jobs that you have done at home without being told and ask your parents sign below.

**Three Jobs I Did Without Being Told:**

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Student Name (First & Last / Please print clearly)

\_\_\_\_\_  
Parent Signature



*If you want to be respected by others, the great thing is to respect yourself. Only by that, only by self-respect will you compel others to respect you. ~Fyodor Dostoyevsky*

### ***Self-Respect creates respect from others.***

It is hard to get others to respect us if we don't respect ourselves. If we don't value our own talents, abilities, and efforts, why should someone else? Self-respect means having confidence in yourself, but it also means taking care of yourself. Motivational speaker and author Tony Robbins says that we must all "feed and strengthen our minds, body, and spirit" if we are to be truly successful. Doing this shows respect for ourselves, and inspires others to respect us also.

#### ***Questions:***

1) How can you display self-respect? \_\_\_\_\_

\_\_\_\_\_

2) Why will others respect you more if you have self-respect? \_\_\_\_\_

\_\_\_\_\_

*Week 3*  
*Due by Saturday, February 23*



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**Three Jobs I Did Without Being Told:**

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Student Name (First & Last / Please print clearly)

\_\_\_\_\_  
Parent Signature



*A friend drops their plans when you're in trouble, shares joy in your accomplishments, feels sad when you're in pain. A friend encourages your dreams and offers advice — but when you don't follow it, they still love and respect you. ~Anonymous*

### ***Respecting others requires action***

How do others know we respect them? Is telling them enough? Does respect require specific actions? Will others believe we respect them if we are not honest with them? Will they believe we respect them if we abandon them when they need help? Will they believe we respect them if the only time we visit them is when we want something they have? No. Respecting others requires certain actions on our part. Through martial arts training, we learn to do more than talk about respect — we learn how to take actions that actually display respect for others.

#### ***Questions:***

1) How do you show respect at Black Belt Karate Studio?

- What do you do before you walk on the karate floor? \_\_\_\_\_
- What do you do before you begin class? \_\_\_\_\_
- What do you say and do at the end of class to your parents before you end class?  
(There are 2 things you do to show respect to your parents)

\_\_\_\_\_

2) Bowing is how we show \_\_\_\_\_.



**Week 4**  
**Due by Saturday, March 2**



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Fill in the three jobs that you have done at home without being told and ask your parents sign below.

**Three Jobs I Did Without Being Told:**

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Student Name (First & Last / Please print clearly)

\_\_\_\_\_  
Parent Signature