

Word of the Month

Respect means treating others as you would want to be treated! Self-respect means treating ourselves with dignity and taking care of ourselves. We need to practice both respect for others as well as self-respect in order to fully understand this value. Here are some ways to practice both:

RESPECT:

- Say “please” and “thank you”
- Be polite even when you are grumpy
- Do not tease or insult others

SELF-RESPECT:

- Take care of your body – go to bed on time and eat healthy foods
- Work hard in school – respect your intelligence
- Work hard in martial arts – respect your ability to learn new skills!

U.S. TAEKWONDO ACADEMY