DEC.

week 1

"GIVE TO EVERY OTHERHUMANBEING

EVERY RIGHT THATYOUCLAIM FOR YOURSELF."

– THOMASPAINE

week 2

"IT IS THE WAYONETREATSHIS INFERIORS MORETHANTHEWAYHE TREATS HIS EQUALSWHICHREVEALS ONE'S REALCHARACTER."

– REV. CHARLESBAYARDMILIKEN

week 3

"IN THE END, THOSEWHO DEMEAN OTHERS ONLYDISRESPECT THEMSELVES."

– D.B. HARROP

week 4

"I MUST RESPECT THE OPINIONS OF OTHERS EVEN IF I DISAGREE WITH THEM."

– HERBERT H. LEHMAN

PARENT/GUARDIAN LETTER



Dear parents and/or guardians...

This month we are learning about respect, especially respect in the face of adversity (e.g. respect to someone you dislike; respect for someone you disagree with). Martial arts classes are an excellent place for them to begin to learn this skill. On the mat, all students are required to treat their peers and instructors with equal respect, whether or not these individuals are in their circle of friends. However, this skill must be practiced outside of class, too.

HOW CAN YOU HELP?

- Be a role model. Whether you're dealing with an unhelpful customer service representative, a slow cashier or a traffic jam, while you are with your child, maintain a respectful attitude and tone.
- Show respect to your children. Say "please" and "thank you" and show that you value their input in conversations.
- Allow your children to do as much as they can by themselves (what they can safely do varies by age): getting dressed, pouring their cereal, choosing a book to read. This shows you respect their decisions and encourages their autonomy.

RESPECT

IF YOU'RE EVER UNSURE OF HOW TO SHOW RESPECT TO A PERSON, IMAGINE THAT YOU ARE IN THEIR SHOES AND TREAT THEM AS YOU WOULD WANT TO BE TREATED.

U.S. TAEKWONDO ACADEMY