

Full Name:



# Kindness and Respect Week 9

## Value Yourself and Value Each Other

**“Karate begins with respect and ends with respect.”**

**Gichin Funakoshi, founder of Shotokan Karate.**

### WAYS FOR KARATEKA TO SHOW RESPECT

1. Arrive for class on time.
2. Bow correctly.
3. Bow in the right places – when you enter and leave the dojo and the mat, to your training partner and your sensei.
4. Always address your teacher as “Sensei.”
5. Look after your uniform and equipment.
6. Do your best in class.
7. Show self-control in sparring or training with a partner.

**What are other ways to show respect in the martial arts?**

**What are some benefits of showing respect in the dojo?**

**How can we show leadership for respect in the dojo?**

**Do this quick quiz!**

	Low	Average	Getting there!	Super!
I arrive for class on time.	Rarely	Sometimes	Most of the Time	Always
I bow correctly in the right places.	Rarely	Sometimes	Most of the Time	Always
I call my teacher “Sensei.”	Rarely	Sometimes	Most of the Time	Always
I wear a neat clean uniform.	Rarely	Sometimes	Most of the Time	Always
I do my best.	Rarely	Sometimes	Most of the Time	Always
I show self-control.	Rarely	Sometimes	Most of the Time	Always

