

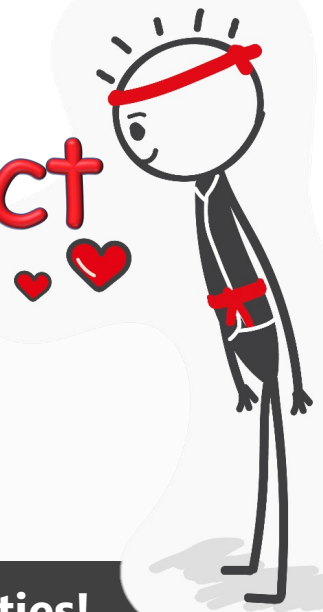
Full Name:

# WEEK 3

## Kindness and Respect

RESPECT

yourself



Believe in Yourself and your own abilities!

Say, "Yes I Can!" Always do Your Best! **Keep Fit and Healthy!**

Healthy food, water, AND exercise  
make your body healthy  
and your mind strong!

"The veges you eat  
and the water you drink  
strengthen your body  
and the thoughts you think!"



**FACT: Did you know the martial arts is  
one of the best ways to get fit, healthy and strong?**

### To earn your Red Success Stripe

1. Every day eat all your veges, fruits and salads!
2. **Kick Challenge:** Get mum or dad to time you and see how many kicks you can do in 20 seconds! See how high you can lift your knee and kick. How many kicks did you do?



**PARENT/CARER FEEDBACK** – Let us know how your child did this week:



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### ENERGY CHECK

When I say, "Energy Check," slowly bring your fists around in a circle then quickly come to ready stance with a kiai! Be ready to look and listen.

### CRISS CROSS

"Criss Cross!" - Students reply, "Karate Sox!" and sit down with their legs crossed. They are now ready to listen!

When I say legs, you say crossed! Legs! Crossed!

When I say back, you say straight! Back! Straight!

When I say hands, you say on the knees! Hands! On the knees!

When we bow, what does that mean? **Kindness and Respect.**

What does respect mean? **Value yourself and value each other.**

How do we VALUE each other? **We treat others the way we would like to be treated if we were them.**

### RESPECT YOURSELF

Who do you respect first? **Yourself.**

Why do you respect yourself first?

**If you have respect for yourself, other people will respect you. If you don't have respect for yourself, other people won't respect you.**

What are three ways to respect yourself?

One, Believe in yourself and your own abilities, "Yes I can!"

Two, Keep Fit and Healthy. Repeat after me, "The veges you eat and the water you drink, strengthen your body and the thoughts you think!"

Three, Always do your best. "What's our quest? To be our best!"

### TO EARN YOUR RED SUCCESS STRIPE:

1. Every day eat all your veges, fruits and salads!
2. Get mum or dad to time you and see how many kicks you can do in 20 seconds! See how high you can lift your knee and kick. Let's practice now for 10 seconds. Go!

**I Like it! I love it! I want more of it!**

**AWARD RED STRIPES - WARMUP!**



**KINDNESS and RESPECT**

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