

Student Name: _____

Treat Others in the Way You Would Like to be Treated.

COURTESY

April's theme for Martial Arts Kids is *Courtesy*. *Courtesy* is defined as "politeness of manners". *Courtesy* is such a large part of ATA Taekwondo that it is used at the beginning of every class in the second line of the student oath, "with *Courtesy* for my fellow students". *Courtesy* and respect are the foundation upon which all martial arts are taught. The bow and the handshake in class are to show courtesy for your partners and instructors. Another sign of *Courtesy* is referring to other students by "Sir and Ma'am", and by addressing Black Belts and Instructors by their last name. A Martial Arts Kid should demonstrate *Courtesy* at home and school by treating parents, teachers, siblings and friends the same way they would like to be treated themselves. Here are three Weekly Lessons that coincide with *Courtesy*.

Weekly Lessons

Kindness

Kindness means to have a sympathetic nature and to be considerate. Kindness is doing ordinary things with extraordinary care. For April, list two ways that you showed kindness to others.

1

2

Favors

A Favor is a gracious act or a token of generosity, given without the expectation of getting anything in return. List two favors that you performed in April.

1

2

Good Manners

Having good manners means being courteous, respectful & polite wherever you go and with whomever you meet. Good Manners cost nothing yet can gain you everything. List two instances that you showed good manners.

1

2

Courtesy

List two ways that you showed Courtesy this month towards someone without expecting anything in return.

1

2