

RESPECT: THE ACT THAT CONQUERS FEAR



**A Special Workbook
for Ages 10 -13**

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based on the
Martial Arts for Peace Books

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LESSON 1: **Courtesy**

Being Well-Mannered and Considerate

Hi! This is a workbook for you to use on your own. There are lots of tips on how to have fun learning the Martial Arts Code of Conduct, and discovering all the ways it can help you! Hope you have a great time!



Build a Foundation!

- 1. I think the most important part of a house is:**
 - The walls!
 - The roof!
 - The foundation!
- 2. I think a house cannot stand without a foundation, because:**
 - The house would fall without it!
 - It supports the entire house!
- 3. What kind of foundation do you think the Martial Arts for Peace program gives you?**
 - A mentally strong one!
 - A foundation that helps me build my character!
 - Martial Arts for Peace helps me build a positive attitude!



4. I think that what I need to do to become a master of the martial arts is:

- Build a foundation! Here's how I'll do it!

- I will practice this often!
- I will practice this every day!
- I will practice this my whole life!



I know that if I focus on a single thought,
a single action —
I have the power to stop a fight before it starts,
inside me and outside me!



Let's Do the Unexpected!

1. To me, being courteous means being well mannered.

- I think I am a very courteous person!
- I think I am a courteous person most of the time.
- Being courteous is hard for me. I forget!

2. To me, being courteous means:

- Using polite language, respecting other people.
- Not making too much noise, doing what I'm told..
- Doing what's expected.

3. When I am courteous, I sometimes feel:

- Awkward
- Silly
- Dumb
- Afraid

3. What would make me more comfortable being courteous is:

- Doing something unexpected!
- Acting in a way that would surprise everyone!
- Maybe offering to do something that no one expects!

4. One unexpected thing I could offer to do is:



5. Something unexpected people at home would really appreciate is if I:

- | | |
|---|---|
| <input type="checkbox"/> Help take out the trash! | <input type="checkbox"/> Offer to wash the dishes! |
| <input type="checkbox"/> Offer to water the plants! | <input type="checkbox"/> Clean up my room! |
| <input type="checkbox"/> Play nicely with my brother or sister! | <input type="checkbox"/> Not watch TV! Read a book! |
| <input type="checkbox"/> Do my homework after school! | <input type="checkbox"/> Go to bed on time! |
| <input type="checkbox"/> Say something kind — and mean it! | |

6. Three unexpected things I plan to do at home, at school, or in my community are:

▲ _____

▲ _____

▲ _____



LESSON 2: **Gentleness** Living with Affection and Compassion



Self-Defense Is a Gentle Thing

“Thanks, Mom.”

1. An interesting thing happened when I acted courteously and unexpectedly at home!

- My family was shocked!
- Everyone thought I was hiding something!
- Everyone was surprised!
- I was surprised, because _____

2. Instead of feeling uncomfortable being courteous, I felt:

- More powerful -- using my brain instead of my fists!
- No conflict!
- In control! I was working my magic!



“I can sweep the floor. No problem!”

3. **Most of the time I think that no one understands me!**

- Yes! No! Sometimes!

4. **I don't often take the time to try to understand someone else!**

- Yes! No! Sometimes!



5. **For example, there is no way I would ever feel compassion for a bully!**

"Give me your money!"

- Yes! No! Sometimes!

6. **Do I think it's possible to stand in a bully's shoes and see things from the bully's point of view?**

- Impossible! Not likely! Not sure!

7. **If I had to guess one good reason to try to stand in a bully's shoes and see things from the bully's eyes, I'd say that reason might be:**

The Right Level of Response

1. People should go to jail for:

- Crossing the street against a traffic light.
- Yelling at their kids.
- Attacking someone with a knife or gun.
- Throwing their gum wrappers on the ground.
- Punching you.
- Demanding that you wash the dishes.

2. I think the punishment should fit the crime!

- Always! Sometimes! Never!

3. I like Mental Self-Defense™ techniques. They help me understand that every zone of attack has an equal zone of defense. If, for example, an attack is mild, it calls for a mild defense.

Zone 1
MILD!



Make friends
Use humor
Be clever
Walk away

Zone 2
MEDIUM!



Use reason
Agree with bully
Ignore the threats
Refuse to fight

Zone 3
HOT!



Stand up
Call an authority
Kiai/Yell
Take a stance

4. Here are some ways I've been threatened, or attacked:



▲ A bully once _____

▲ I believe this attack or threat is a Zone:

- 1 **Mild!** 2 **Medium!** 3 **Hot!**

▲ Therefore, I believe this attack or threat calls for an equal response, which is:

- 1 **Mild!** 2 **Medium!** 3 **Hot!**



▲ Someone I know once said to me: _____

▲ I believe this attack or threat is a Zone:

- 1 Mild! 2 Medium! 3 Hot!

▲ Therefore, I believe this attack or threat calls for an equal response, which is:

- 1 Mild! 2 Medium! 3 Hot!

5. Staying gentle and compassionate is sometimes hard work!

- However, I see the advantages!
- I'm less likely to hurt someone — or get hurt myself!
- Staying gentle and compassionate keeps me focused on the highest goal of a martial artist — to stop a fight before it starts!



LESSON 3: **Honesty** **Being Truthful!**



What's Real and What's Fake?

"Come closer!
I'm just a cuddly kitten!"

1. **Most people think that the martial arts are completely physical — a way to fight, to hurt, to kill. But I know the truth! The truth is:**
 - The martial arts were started by people who wanted not only to protect themselves and have a good physical workout, but more importantly to **understand** themselves — not to create war!
 - It's important to understand myself — why I get upset, angry, or depressed. Or why there might be times when I'm not completely honest. Understanding myself helps me see what's real and what's fake!
 - Understanding myself also helps me understand other people — why *they* get upset, or why *they* may have lied!

2. **Even though the truth sometimes hurts, I think it's best to be honest, because:**
 - Being dishonest means I'm afraid of something.
 - Hiding the truth and being afraid — both put me in conflict.
 - You don't have to worry about anything when you tell the truth. Still, there are times when I know the truth might hurt someone!



"I'm an Earthling . . . really!"

What Makes People Untruthful?

1. **Sometimes I can't tell the difference between a fact and an opinion.**

- A fact** is something that's true, real and impossible to refute!
(Example: The Earth travels around the sun.)
- An opinion** is someone's thought or feeling about something!
(Example: The Earth is the only planet that is inhabited.)

2. **Here are two facts — things I know are true and real:**

- _____

- _____

3. **Here are two opinions — things I think or feel:**

- _____

- _____



3. When I discover I've been lied to, I feel:

- Angry.
- Disappointed.
- Like a victim.

4. Here are some people I know acted dishonestly:

- Someone in my family.
- Someone I know at school.
- Someone in my community.
- My doctor.
- Someone I trusted.
- A world leader.

5. Here is one situation in which someone lied to me:

6. Here is one situation in which I was the one who wasn't honest:

7. **When someone isn't honest with me, the best thing for me to do is:**

- Punch them!
- Think about why this person is being dishonest.
- Try to figure out why this person might be lying.
- Understand that this person is afraid of something.



8. **Here's how I think fear gets in the way of telling the truth:** _____



"Okay, I may not look real. But I'm honest!"



LESSON 4: **Humility** Acting Without Self-Importance

What Is Cooperative Competition?

1. **I really enjoy sports, but I understand that most sports show us people competing, and there's always a winner and always a loser.**

- Of course! Always! It really bothers me!

2. **A cooperative competition is different, because it focuses on:**

- People working together.
- People helping one another develop better skills.
- Teamwork instead of winning and losing.



3. I enjoy competitive sports, because:

- I like that there's a possibility of winning or losing.
- They are always exciting!
- I like to win!

But most of all, I enjoy them, because _____

4. I enjoy cooperative competition, because:

- I test my opponent's skills as well as my own!
- When everyone does their best, everyone wins!
- Rather than "beat" each other, we challenge each other to grow!

But most of all, I enjoy cooperative competition, because _____





Becoming a Grain of Sand

1. I've been focusing on how to:

- Be popular, look better, have more friends.
- Become more important.
- Not be a "nerd."
- Be less afraid.
- Focus on what's most important.

2. Because of recent world occurrences, I have noticed:

- People, like fire fighters and police, forget themselves in times of great danger, to help others.
- In these moments, they appear to be **free of fear**, and their focus is only on those who need help.
- Fearless moments seem to happen during a huge crisis.
- These moments make me feel small and humble.

3. Here are some really humbling facts:

- ▲ The best human athletes can jump about seven feet high; an ordinary flea can jump the equivalent of more than 100 feet!
- ▲ There are more than six billion people on Earth.
- ▲ Each of us is like a tiny grain of sand on the Sahara Desert.
- ▲ The Earth is one of nine planets orbiting the sun, which is only one of several billion stars in the Milky Way! The Milky Way is one of 30 galaxies in a local cluster that's a tiny speck in an ever-expanding universe!



3. When I take myself too seriously:

- I get scared. My fear causes conflict inside me!
- My focus tends to be too much on “me”!
- I forget that I am like a grain of sand in this world, and that there are other people who have problems, too!
- When I look at other people in the world — people who live down the street, or people who live on the other side of the world — I begin to see the big picture, and that helps!

4. Here’s how I would describe the power that can come from practicing humility and modesty:



“Why be humble? I want to rule the world!”



LESSON 5: **Intelligence**

Understanding What Prevents Peace

The Danger of Incomplete Information

1. I think that prejudice means:

- Seeing the “small” picture — seeing only one part of the truth.
- Making a decision based on incomplete information.
- Hating people because of the color of their skin, or what country they may be from.
- To judge in advance, before all the facts are in!



2. I think that we are born “conditioned” or prejudiced. And I think we also learn prejudice:

- From people at home.
- From people at school.
- From people in the community.
- From the media — movies, television, radio, newspapers, magazines
- By being victims of it.

How Our Thoughts Become Conditioned



1. **I know I've been "conditioned" to think in certain ways — about what's "good" and what's "bad." For example, I've been taught that _**

- I admit that I've met people I was sure I wouldn't like — at least at first. I guess that's conditioning!
- I have heard of "neighborhoods" I should not visit. I suppose that's conditioning, too!
- I have been instructed to not "hang out" with certain kids. Is that prejudice, or good judgment?
- There are lots of ways I have prejudged people before I had all the information!

2. **It's difficult to figure out how some prejudices get started.**

- True!
- False!
- I can figure out most of mine!

3. **I know that conditioned thinking can create prejudice, and prejudice creates conflict! And that conflict prevents peace!**

- True!
- False!
- I have to think about that!



"Wow! You look different!"

- 4. The last time I saw someone who looks different from me, I had a thought that was probably based on opinion rather than fact. That thought was:**

- 5. The way I think I can change my thought — from one of opinion to one of fact is:**

- 6. We humans often look for differences instead of similarities.**

True! False! Wow! Maybe!

- 7. The reason we do this is probably based on fear!**

That's possible! No! Absolutely!

Finish the following sentences with the first thing that comes into your mind:

I think terrorists are people who _____
_____.

It's a fact that the Earth is _____
_____.

I think freedom fighters are _____
_____.

I think Physical Self-Defense skills are _____
_____.

It's a fact that Mental Self-Defense™ skills are _____
_____.

I think that when I'm angry, I _____
_____.

Foreigners are people who _____
_____.

A good sign of intelligence is _____
_____.



LESSON 6: **Kindness**

Caring for Others as You Would Like to Be Cared For



When Is It Time to Do Nothing?

1. When I am completely focused on what's happening right here, right now, I am...

- Not worried about the past.
- Not worried about the future.
- Aware of my surroundings — the people around me, and what they are saying and doing.
- Focused on the present.
- All of the above.

2. When I am focused on the present, I am...

- Prepared to protect myself from harm.
- Ready to prevent any potential conflict.
- Prepared to subdue the enemy without fighting, because I am aware of the people, places and things around me.
- All of the above.



"Wow! We collected \$425.75 for the Red Cross!"

Doing Some Good

1. In the times in which we live, it's always encouraging to see people doing some good. Two ways I can envision myself doing some good — at home, in my school, or in my community are:

2. Three ways I can envision fighting crime in my neighborhood are:

3. One of the most powerful weapons I have is my:

<input type="checkbox"/> Anger!	<input type="checkbox"/> A knife!	<input type="checkbox"/> Kindness!
<input type="checkbox"/> My brain!	<input type="checkbox"/> Courtesy!	<input type="checkbox"/> Intelligence!
<input type="checkbox"/> Humility!	<input type="checkbox"/> Gentleness!	<input type="checkbox"/> All of the above!

"Thanks! I think you're interesting-looking, too!"



4. **The six elements of the Martial Arts Code of Conduct that I have learned so far are:**

- | | | |
|------------------------------------|--|-------------------------------------|
| <input type="checkbox"/> Courtesy! | <input type="checkbox"/> Gentleness! | <input type="checkbox"/> Anger! |
| <input type="checkbox"/> Honesty! | <input type="checkbox"/> Depression! | <input type="checkbox"/> Ignorance! |
| <input type="checkbox"/> Humility! | <input type="checkbox"/> Intelligence! | <input type="checkbox"/> Kindness! |

5. **I can think of several ways to use my Martial Arts Code of Conduct. Today I will do the following, to show my:**

Courtesy: _____

Gentleness: _____

Honesty: _____

Humility: _____

Intelligence: _____

Kindness: _____



LESSON 7: **Order**

Being Aware of What Creates Disorder



What Does It Mean to Be “No One”?

1. **I used to think that being “no one” meant being unimportant or insignificant. In the study of Martial Arts, I understand that being “no one” means:**
 - Focusing on what’s before me, here and now.
 - Focusing on the world around me, rather than on me.
 - Not getting angry or upset by anything anyone says to me. What’s most important is that I avoid a fight — inside me, and outside me.

2. **I used to think that being a “hero” means fighting and winning a battle. In the study of Martial Arts, I now understand that:**
 - A hero is someone who helps, not hurts, another person.
 - A hero is peaceful, which requires strength and courage.
 - A hero is someone who *prevents* a fight.



“It’s too sunny to fight! Have a nice day! ”

Creating Order in a Disorderly World

1. Most of the time when I'm walking down the street...

- I'm pretty engrossed in my own thoughts and problems.
- I'm not thinking about where I am or what's happening.
- I'm not aware of other people around me.
- Sometimes I'm focused on what's around me.
- I'm focused on my surroundings most of the time.



"Wow! I never noticed that before!"

2. I think that my sense of surprise...

- Used to be a lot more when I was a younger kid.
- Is still pretty strong.
- Is pushed out of the picture by my concern about stuff that's happened in the past, and worries about what will happen in the future.
- Has been overcome by my fears of living in the world today.
- Needs some inspiration!

Becoming My Own Hero!

When someone says or does something that pushes one of my buttons so that I suddenly feel upset, angry or ready to fight...I know that if I act on these feelings, I will create DISorder. To maintain my sense of order, I need to remember my three zones of response! Otherwise, I become a victim of my own emotions!

Zone 1 MILD!



Make friends
Use humor
Be clever
Walk away

Zone 2 MEDIUM!



Use reason
Agree with bully
Ignore the threats
Refuse to fight

Zone 3 HOT!



Stand up
Call an authority
Kiai/Yell
Take a stance

When my mind is in a state of disorder...

- I am filled with conflict!
- I need to achieve a sense of order and balance by preventing conflict from starting in the first place!
- I need to see things as they are, rather than as I think they ought to be!





Go for a Walk in the Dark! A Mental Freestyle

Finish the following sentences with the FIRST THING that pops into your head! Feel free! Just write quickly!

1. When I perform a physical freestyle really well, the first thing I think to myself is _____
_____.
2. I think it's a good thing to trust my intuition, because _____
_____.
3. When I empty my mind of old thinking and act based on only my clear, focused mind, _____
_____.
4. If I personally ran into a school bully, I would _____
_____.
5. If I personally ran into a terrorist, I would _____
_____.
6. Something I know for a fact is _____
_____.



LESSON 8: **Responsibility** Meeting Life's Challenges with a Brave Spirit



"Should I scare these humans, or not?"

What Does It Mean to Be Responsible?

1. I have often thought that being "responsible" means...

- Doing everything my parents and teachers want me to do.
- Thinking about what I do, before I do it.
- Thinking and acting in healthy ways.
- Looking at my attitudes, and doing my best to figure out why some of them are positive and why some are negative.

2. The Martial Arts Code of Conduct teaches me that:

- The way I think and feel creates how I act.
- My attitude about life determines how I live.
- My personal thoughts affect other people around me.
- It's not healthy to live with fear and hatred.



Being Able to See the Big Picture

1. What I think seeing the “big picture” means is:

- Listening to and watching people, places and things around me so that I am aware of my world — minute by minute!
- Going to see a Hollywood movie!
- Being aware that nobody is perfect — even though my parents sure try to make me perfect every day!
- Understanding that even a baseball player is considered a great batter when he or she hits only one-third of the time up to bat!
- To learn from my mistakes — and when I fall down, to get back up, brush myself off and start all over again!

2. I think that a person with a strong sense of order, who is free of conflict and who can meet life’s challenges is a person who...

- Can accomplish a lot in a day!
- Is more at peace within and therefore more able to act peacefully and respectfully toward others.
- Asks questions when in doubt about any subject.
- Thinks before speaking and acting, and takes responsibility for his or her own actions!



LESSON 9: **Wisdom** **Living Without Fear**

Discovering Who You Are

1. **I learn from the Martial Arts Code of Conduct that finding out who I am consists of finding out what my fears are. Sometimes it's hard to admit, but there are many things that I'm scared of. For example...**

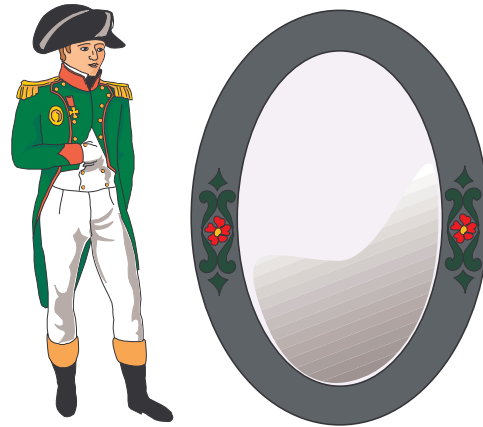
- Being approached by a bully.
- Looking silly or stupid in front of people I know.
- Doing something wrong.
- But what scares me the most is: _____



2. **I know that I create disorder when I think with a “monkey” mind — a mind that jumps all over, like monkeys in trees! In order to calm my “monkey” mind, I need to remember...**

- It's okay to make a mistake! A mistake is an opportunity to learn something new!
- When I fail at something, I can either get upset, or I can look at how and why I failed and get mentally stronger!
- The next time I feel I've “failed,” I need to remember to look for what I need to learn! It's waiting for me!

"Good heavens! That couldn't possibly be me!"



Looking in the Mirror of Truth

1. Sometimes it's difficult to know who I am, because:

- Lots of people tell me who I "should" be.
- Sometimes I get the feeling that who I am isn't good enough.
- Who I am isn't always accepted.
- Nobody told me who I am.
- I don't feel right inside my clothes.
- I haven't taken the time to think about who I am.

2. Looking in the Mirror of Truth is not easy, because:

- Who I think I "should" be is often NOT who I am. That puts me in conflict!
- When I attempt to see myself as just another member of the human race — sometimes I fight that!
- I want to be "different" somehow — not like everyone else. Although looking for similarities between myself and other people frees me of conflict!
- The Mirror of Truth reveals our false perceptions about ourselves. As we grow up, we sometimes start to see ourselves as "wrong," "imperfect," "ugly," "stupid," or "a nerd." That's not truth! That's judgment!

Activity 18
The Mirror of Truth!
MENTAL FREESTYLE



I'm going to do this exercise in front of a mirror! I take a good look at myself in the mirror, and finish the following sentences, as quickly as the responses come to my mind!

Not everyone knows who I am. Who I really am is _____

I know who I am. But I think I should be _____

What I see in the mirror that I like: _____



"Mirror, Mirror on the wall,
Am I really ME at all?"

What I see in the mirror that I don't like: _____

What I think I'm bad at: _____

Because I think I'm bad at this, the way I act is: _____

What I think I'm good at: _____

Because I think I'm good at this, the way I act is: _____



LESSON 10: **Love**

Being a Martial Arts Warrior for Peace



Learning How to Be Quietly Powerful

1. **I'm going to check the boxes of what I have learned from the Martial Arts Code of Conduct:**
 - When I try NOT to think about something, that's exactly what I think about! We human beings are strange creatures!
 - It can be difficult to forget painful memories. Trying to NOT think about them sometimes only makes things worse.
 - When I allow myself to think about the past, I just let old images fizzle and fizz up in my mind like bubbles in a glass of soda.
 - The more I watch old thoughts and feelings, the more I realize that they're not necessary, and not helpful to think about now.

2. **I used to think that power meant beating, attacking, or winning over someone. The Martial Arts Code of Conduct is teaching me that:**
 - When I try to *stop* someone, *beat* someone or *win* over someone, I defeat myself before I begin. Power comes from focus on my opponent's body language. When I can see this language, I can anticipate my opponent's next move.
 - With practice, I can become so in tune with my opponent that I can sense what this opponent will do next. This is the art of becoming what I observe. It gives me great strength.



"I am what I see."

2. I think that I know what it means to be in a state of "what is." It means:

- I am flexible — in a free-flowing state of mind.
- I am able to respond to what's happening right now — in this moment — without a single thought of what should or might happen.
- Like a cat, I can move quickly to a new situation without thinking. My response is immediate and appropriate to that situation.
- The way I think can cause conflict inside me. My actions are controlled by what I think! My thought controls everything I do!
- When I am in a state of "what is," here's what I become:





"Hear ye! Hear ye! Someone here has some new insights!"

3. I am learning lots of new INsights from the Martial Arts Code of Conduct. Some of my favorite new ones are checked below:

- Nobody's perfect. What matters is whether I think and do my best.
- Whenever my scared monkey thoughts dance around in my head, I can go to a quiet place inside me and let those thoughts be there.
- When I go to the quiet place, there is peace in that silence. This is love — when the brain is silent, and "I" am not!
- When I allow a painful memory to surface in my mind, I don't have to feel bad. I can look at it — just look at it, without judging it.
- When I can visit an old, painful memory and just see it as something that happened in the past — that doesn't have power over me in the present — that's a very powerful, loving thing to do for myself!
- Dwelling on fearful or angry thoughts and feelings from the past can clutter my mind with information that keeps me from dealing with daily challenges I need to face.

"It's about time somebody had some new **IN**sights!"



LESSON 11: **Courage and Commitment** **Fighting Injustice**



Creating Similarities Instead of Differences

- 1. I can see that there is a great deal of injustice in the world today. And I understand that unjust actions begin with simple human thoughts. I'm going to "x" the boxes of statements below that, in my opinion, express unjust situations:**
 - I must be bad, because my father told me I am.
 - Everyone tells me how I "ought" to act, and I'm doing my best to act that way.
 - I don't have the time to think about what creates conflict. All I know is that when I'm angry, I'm angry.
 - I know that when I get upset, I create conflict inside myself. When I can resolve that conflict, I am at peace with myself.
 - I know there's a "fighter" inside me. I've been trying to cover it up, and trying to make myself not be a fighter — but doing that creates conflict between "I" and "me."
 - I am a peaceful person, but there are times when I feel hatred.
 - The way to achieve peace is to see what prevents it.
 - When human beings from different parts of the world do not see eye to eye, the only resolution is war.

2. I can think of three ways — one at home, one at school, and one in my community that I can personally create similarities instead of differences. Here they are:



One way I'd create similarities at home is:



One way I'd create similarities at school is:



One way I'd create similarities in my community is:



Following Through on My Commitment

1. **We can achieve peace — inside us, or in the world — by simply wanting to be peaceful.**
 True! False! It's a start!

2. **We can achieve peace by understanding what creates conflict!**
 Yes! No! Absolutely!

3. **We can understand conflict best when we see it in ourselves, as it's happening!**
 I think so! I don't agree. It's the best teacher!

4. **When each of us has direct contact and understanding of the "martial" (the fighter) in each of us human beings, without judging it as good or bad, we can start to achieve peace.**
 Well said! It's not enough! Brilliant!

5. **If my thoughts on how to achieve peace conflict with your thoughts about how to achieve peace, we can't get anywhere!**
 True! False! Sounds like the Arabs and the Israelis.



LESSON 12: **Respect**

Honoring the Dignity of All Life

The Act That Conquers Fear

1. My Martial Arts Code of Conduct has taught me that all the elements of this code — courtesy, gentleness, honesty, humility, intelligence, kindness, order, responsibility, wisdom, love, courage and commitment — all of them add up to respect.



2. **Respect is:**

- Honoring the dignity of all life.
- Treating all people and things with care and sensitivity.
- Acknowledging our own imperfections and honoring our thoughts as worth viewing without judging.
- Appreciating that everything in the natural world is connected in a mysterious web of relationships.
- Understanding that a tiny ant is as special as a distant star.



"I have great respect for Saturn."



"Anatole, the Ant, is one of my favorite creatures!"

**When we live in the present moment,
and act respectfully toward all people and things,
we feel no fear!**



- That's amazing!
- I would like to believe that!
- This kind of thinking makes me want to soar like an eagle!
- I'm going to work toward this goal, and see if I feel like an eagle!
- I'm going to understand what old thinking is!
- I am going to understand what prevents peace!
- My respectful mind will act naturally based on this understanding!



Soar Like an Eagle! A Mental Freestyle

1. For me, the greatest test of courtesy is _____

2. For me, the greatest test of gentleness is _____

3. For me, the greatest test of honesty is _____

4. For me, the greatest test of humility is _____

5. For me, the greatest test of strength is _____

6. For me, the greatest test of intelligence is _____

7. For me, the greatest test of excellence is _____



More eagle-soaring!

8. For me, the greatest test of wisdom is _____

9. For me, the greatest test of love is _____

10. For me, the greatest test of kindness is _____

11. For me, the greatest test of order is _____

12. For me, the greatest test of respect is _____

13. I think that what prevents peace is _____



More eagle-soaring!

14. For me, the greatest test of courage is _____

15. For me, the greatest test of commitment is _____

16. The best way to understand the “fighter” inside me is _____

17. For me, the greatest test of respect is _____

18. When concern about myself vanishes, where does fear go? _____



More eagle-soaring!

19. The way I stop a fight before it begins is _____

20. My greatest weapon is _____

21. Something I want that I cannot have is _____

22. The way this creates conflict in my mind is _____

23. The best thing I've learned from the Martial Arts Code of Conduct is _____

TWELVE WAYS TO ACT WITH RESPECT!

The highest goal of the martial artist is to stop a fight before it starts.
If we stop a fight brewing inside us,
then we've already prevented a fight outside us!

THINK!



1. Think about how you like to be treated.
2. Think about how you like people to treat you.
3. Imagine being spoke to with respect.
4. Make the decision to think before you speak.

SPEAK!



5. Speak as you would like others to speak to you.
6. Ask questions politely: “Make I please....?”
7. Offer information in a caring, considerate way.
8. Thank people who are helpful to you.

ACT!



9. Act toward others as you would like them to act toward you.
10. Offer assistance when and where you can.
11. Act today in a way today that will make you proud tomorrow.
12. Give people the greatest gift — respect.