

Thought in Action:

RESPECT

Welcome to Thought in Action

The Thought in Action program is designed to help you better understand how to make the lessons that you learn at The White Oak Martial Arts Center part of your everyday life. The more you practice and develop the leadership traits, the better a martial artist and person you will be. Remember that the path of the Martial Arts is one of Self Mastery. Work to find harmony within yourself and in everything that you do.

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Be a Black Belt Leader

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Bring Your Practices into Your Daily Life

Respect is one of the most important things that you will ever develop. Respect for yourself, respect for others, respect you're the environment—all of these are things that will lead you to becoming a better, more worthwhile person. This in turn will lead to you being more respected yourself. The first thing to understand about respect is that in order to be respected you must first give respect. In the Marital Arts, respect is shown through the use of a bow. When you bow to your teacher or your partner you are telling them that you respect them. This is why it is very important to never “half way” bow. To disregard your teacher or partner in this manner is extremely rude. Think about how you can work to become more respectful of others in your life. This begins with being more mindful of other people, their thoughts, and their needs.

Always think of how you can make every in your life a “win-win situation”. This means that you are respectful of yourself by not putting yourself in a bad situation, but you are also respectful of others by not putting them into a bad situation as well. This way everybody wins.

To be respectful of your parents—do as they ask you to do. To be respectful of you, they will only ask you to do things that are for the betterment of you, the family, or the community.

The Yin and Yang of Practice

Some times you are respectful to somebody and they are not respectful in return. This does not mean that you should therefore also become disrespectful of that person. Perhaps there is something that is missing from their lives that makes them unable to realize that they are being rude to you. Let this be a lesson for you as well—selfishness leads to disrespect for the self and for others. Should this occur, remember that two wrongs don't make a right. Continue to be respectful, but at the same time don't let your self be walked all over either. Sometimes it is best to respectfully excuse yourself from the situation.

What if somebody asks you to do something that you think is unreasonable or perhaps you don't understand the reason the task should be done? Very respectfully ask for an explanation. Don't whine, don't complain, don't take on a rude tone. Instead ask with the desire to understand. Understanding will lead to mutual respect.

Respect

Task: 50 Respectful Acts

What is respect? Why should you be respectful of others? This is very important, as you will get out of life only what you give. If you give respect to others then you will be respected. If you are not respectful to others then you in turn will not be respected yourself. To be respected means to treat others as you wish to be treated. Treat people how you feel you would like to be treated in any given situation.

To practice and develop this habit your task for this belt rank will be to write down at least 50 times beginning now that you are respectful to others. Examples include but are not limited to holding open the door for somebody, doing what your parents or teachers tell you to do, saying yes sir or yes ma'am, saying please and thank you, etc.

The purpose of this is to get you thinking about how you actually treat people. The more you think about it and the more respectful you learn to be to others you will find that others will be more respectful of you.

When you have completed this list turn it in to Master Croley to receive a Gold Tip on the end of your belt. This will be required to get your next belt.

Respect

Goal: Respect in Action

My Target Date For My Next Belt Is

_____ month _____ year.

My Black Belt Target Date Is

_____ month _____ year.

Now it is time to set a goal for yourself outside of the Martial Arts Class. As the topic of this rank is Respect, set a goal to display respect for yourself and others in and out of class. So how do you display Respect? It's simple, treat everybody as you wish to be treated– with honor and integrity. Set a goal of how you can be more respectful of your parents.

My Goal for respect is _____

Dear Parents and Teachers,

It is our main objective to develop Black Belt Leaders at home, at school, and in the community. We would appreciate your feedback, and deeply value your opinions as success coaches at home and /or at school.

Students Name: _____

Teachers:

- 1) How well do you feel this student seems to be honest to him/her self and others? Excellent Good Average Poor
- 2) Please rate this students effort to become more respectful.
Excellent Good Average Poor

Coments: _____

Parents:

- 1) Do you feel that your son/daughter has shown improvement in attempting to his or her best? Yes No

Coments: _____

Checklist for Belt Promotion

- 1) Have you completed your Task (50 Respectful Acts)
- 2) Have you improved your respectfulness everywhere? (Target Goal)
- 3) Do you have, or are you close to having 4 Blue Tips on your belt (16 classes)?
- 4) Have you signed up for the Belt Ceremony?
- 5) Have you paid your Tuition and Fee(s)?
- 6) Have you brought a friend to class, or recommended someone during this testing cycle?

When your checklist is complete, please present everything to Master Croley to earn your gold tip for your belt.

Task: 50 Respectful Acts