



MATA
MARTIAL ARTS
TEACHERS' ASSOCIATION

Martial Arts Teachers' Association
Life Skills and Leadership Curriculum

RESPECT

*"There is enough in the world for everyone to live on happily
and to be at peace with his neighbor."*

Harry S. Truman

Respect is this module of success
in the Martial Arts Teachers' Association Curriculum.

Respectful behavior is the glue
that holds our society together.
Unfortunately, we see more and more
disrespect toward ourselves and others,
and toward our institutions. Respect
comes from having good internal
values. Good internal values are the
center of a rewarding, successful life.
By teaching respect for ourselves and
others, we go a long way toward our goal
of improving the world around us.

- ☐ Respect Worksheets
- ☐ Respect Lesson
Quotes
- ☐ Pre-Test Letter
- ☐ Post Test Letter

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RESPECT



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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

the big picture

Week 1:

- Lesson # 1** What is Respect?
- Lesson # 2** Respect Story / Drill

Week 2:

- Lesson # 3** Respecting Others
- Lesson # 4** Respect Story / Drill

Week 3:

- Lesson # 5** Respecting Rules
- Lesson # 6** Respect Story / Drill

Week 4:

- Lesson # 7** Respecting Things and the Environment
- Lesson # 8** Respect Story / Drill

Week 5:

- Lesson # 9** Respecting Yourself
- Lesson # 10** Respect Story / Drill

Week 6:

- Lesson # 11** Respect Review
- Lesson # 12** Respect Story / Drill

TEST

Recommended study for instructors teaching this course:

The Positive Power of Praising People
by Jerry D. Twentier (Nashville Books)

How To Win Friends and Influence People
by Dale Carnegie (Simon & Schuster)

sample pre-test letter

Dear Mr. & Mrs. (insert name),

(Insert name) has completed nearly all the requirements for (his/her) next rank and will be testing for his/her new belt shortly. In conjunction with his/her new martial arts skills, (insert name) has also learned to demonstrate the ability to demonstrate and define the appropriate types of respect.

We're sure that you agree that respect is necessary for our children to develop in society today. In fact, respect is necessary for our society to survive. Someone once said, "You may be sorry that you spoke, sorry you stayed or went, sorry you won or lost, sorry so much was spent. But as you go through life, you'll find – you're never sorry you were kind or respectful to another human being". At (YOUR SCHOOL) our programs are designed to help develop the appropriate type of respect. By helping your child understand what respect is, and the importance of it in their life, we hope that we've helped them to develop a better sense of how respect affects the many aspects of their lives.

We're excited that we could be part of sharing such valuable life skills with (insert name) and we encourage you to continue to discuss how respect affects you and your life as well. Armed with an understanding of how to develop appropriate respect and the other positive traits we teach here, we believe that (insert name) can achieve almost anything!

Yours Sincerely,

The Staff at (YOUR SCHOOL)

P.S. Don't forget (insert name)'s graduation on (date). I look forward to seeing you there!

sample post-test letter

Dear Mr. & Mrs. (insert name),

Congratulations!

(Insert name) has passed (his/her) (insert belt) test which not only demonstrates (his/her) mastery of the martial arts techniques required, but also means he/she has accomplished the Focus requirements of our Life Skills & Leadership Curriculum.

Over the following few weeks (insert name) will be working towards his/her next belt and the completion of our very important Respect curriculum. Developing the proper respect for ones friends, family, community and beliefs is key for ongoing success in life.

At (YOUR SCHOOL) our programs are designed to help develop the proper type of respect. As you know, respect is necessary for our children to develop in society today. By helping your child understand what respect is, and the importance of it in their life, we hope to help them develop a better sense of respect in all aspects of their lives.

Over the next few weeks help us in our goal helping your child know what you respect. Point out to them the things that you see are proper ways of showing respect. Comment frequently on the little things you like about how they are showing respect, and, as always, let us know if there is anything we can do to help.

Yours Sincerely,

The Staff at (YOUR SCHOOL)

PS. If you have any questions at all about our program or your child's progress, please don't hesitate to call us at (insert phone number).

[illegible]

"You may be sorry that you spoke, sorry you stayed or went, sorry you won or lost, sorry so much was spent. But as you go through life, you'll find - you're never sorry you were kind or respectful to another human being".
— Anonymous

week one
LESSON 1

What is Respect?



- Students will learn the definition of Respect
- By the end of the lesson, students will know the meaning of respect.

ages 4-7

What is respect? Respect is the way we treat ourselves, other people, things others and we own, and the environment or the world around us. It is an attitude, a way of thinking, about people, places and things.

Martial Arts training is built upon respect. We learn that respect is very important in getting along with others. For that reason, Martial Arts teaches you to get along with your teachers and classmates. In the next few weeks, we will talk about how Martial Arts can help you develop better respect for yourself, others, things and the environment.

Ask your students:

- **What is respect?**
(Respect is an attitude, a way of thinking about people, places and things.)
- **How can we show respect?**
(We show respect in how we treat ourselves, others, things and the environment.)

What is respect? Respect is an attitude, a way of thinking, about people, places and things. It's the way we treat ourselves, other people, things we and others own, and the environment. Respect is shown by action, not by words.

Martial Arts training is built upon respect. We learn that respect is very important in getting along with others. We respect our teachers for what they can help us develop. We respect our classmates because they too are working on improving themselves through Martial Arts. For those and many other reasons, Martial Arts helps to teach you how to get along with your teachers and classmates. In the next few weeks, we will talk about how Martial Arts can help you develop better respect for yourself, others, things and the environment.

Ask your students:

- **What is respect?**
(Respect is an attitude, a way of thinking about people, places and things.)
- **How can we show respect?**
(We show respect in how we treat ourselves, others, things and the environment.)

adults

As an adult you know that respect is a very important part of life. As you may already know, respect is an attitude, a way of thinking about people, places and things. It is an essential part of Martial Arts training.

How do you demonstrate respect? One way is by respecting the philosophies and feelings of others. Another is by respecting the rules and those who enforce the rules. You also demonstrate respect by how you treat your possessions, and the possessions of others, as well as the environment.

Most of all you demonstrate respect by respecting yourself. Through the development of self-respect, others learn to treat you with respect also. Over the next few weeks, we'll discuss these aspects of respect. Hopefully you'll have a better feel for what respect is, and how to use it properly in your life.

Topics for Discussion

- **What is respect?**
(Respect is an attitude, a way of thinking about people, places and things.)
- **How can we show respect?**
(We show respect in how we treat ourselves, others, things and the environment.)

"A man who has attained mastery of an art reveals it in his every action."
– Samurai Maxim

week one
LESSON 2

What is Respect?



- Students will learn, through stories, the definition of Respect
- By the end of the lesson, students will know the meaning of respect.

Discuss the following questions during warm up to remind the students of the previous lesson.

1. What is respect?
2. How can we show respect?

children's story

'Please'

Master Woo began the story, "There was once a little word named 'Please' that lived in the mouth of a small boy named Tommy. To keep your muscles strong and happy you must use them a lot. To keep 'pleases' strong and happy, they need to be used a lot.

Tommy did not like to use his 'please', so it became tired and sick. The 'please' decided it needed to do something so it could get better so it escaped from Tommy's mouth and ran into his brother John's mouth.

When asking for a piece of bread at the table John said, "Will you pass me a piece of bread, please, please?" This was because Tommy's 'please' was now in John's mouth. Then, after everything John said, two 'pleases' would pop out.

After a few days of being in John's mouth, Tommy's 'please' became healthy, and he ran back to Tommy's mouth. The next morning Tommy could say "please!" He did so every time he was supposed to because his 'please' was back and was strong again."

Master Woo finished, "From that time on, Tommy was just as polite as his brother John."

Ask your students:

- **What happened to Tommy's "please"?**

(Tommy didn't use it and it became very weak.)

- **What does this story mean to you?**

(It means we must practice our manners to keep them working well.)

The Origins of the Bow

In the Martial Arts, it is common to see practitioners bowing to each other before a sparring match. The bow is similar to a western handshake. The reason for the traditional bow was a way of demonstrating respect toward the other person. For example, in Judo, a practitioner would bow to his or her fellow practitioner. This would mean, "I respect you but watch out, for I'm going to do my best to throw you around, but it's being done to perfect my Judo and myself, not to hurt you. The minute this match is over, it is forgotten and we are still friends, and, I hope, better friends than before."

This is an important lesson for us as martial artists; no matter what art we practice. The purpose of practicing the Martial Arts is to improve our art and ourselves. That is why it is so important to leave your ego at the door. To improve, you have to acknowledge that there are areas of your life that need improvement. This can be demonstrated through your respect to your teacher(s).

Another method of improving yourself is by respecting your fellow Martial Art practitioners. We respect them because they also are coming to learn and improve. As you practice, try to keep in mind the meaning behind the traditional bow. It will build your respect in and out of the school.

Topics for Discussion:

- **What does bowing have to do with respect?**
(It is a symbol of respect to another person, similar to the western handshake.)
- **What should we remember about the bow?**
(The bow is a way to remind us that we are all training in the Martial Arts to improve ourselves.)

DRILL

Defining Respect

This drill is to help the students find out how to best demonstrate respect to others and needs to be discussed toward the beginning of class.

With the children help them discover some additional ways that they can show respect. They probably think it is just saying “yes sir and no sir.” Point out to them that respect is saying “please”, or “thank you” to classmates. Like saying “please” when they want a classmate to help them and “thank you” after a classmate has helped. Waiting their turn in line without pushing or shoving and not talking are other ways of showing respect. Tell the children that today everyone is going to do their best to show respect to everyone in class. As you go through class, catch the children showing respect to others and comment on it. Say things like, “Susie just used “please” with Johnny. That’s showing respect.” Or “Mike is standing in line nicely, without pushing, that’s showing respect!”

For adults, remind them that you are working on respect. Let them know that you know they all know what respect is, but you’d like for everyone to make an extra effort to demonstrate respect in class for the next few weeks. Ask for suggestions about how, as a class, they could demonstrate respect to one another, even more than before. Also ask them how they could demonstrate respect at home. You’ll probably get some very creative input. Ask the students to point out to each other when they are demonstrating respect in class.

Also, ask them to make a commitment to use a greater level of respect outside the school for the next few weeks, such as saying “Yes sir” or “thank you” to people who serve them in the community. Ask them to note how people treat them as they use this higher level of respect.

"One of the deepest drives of human nature is to be appreciated"
- William James

week two
LESSON 3

Courage Is Doing What's Right



- Students will learn how to show Respect for others.
- By the end of the lesson, the student will know how to show respect for others.

Discuss the following questions during warm up to remind the students of the previous lesson.

1. What is respect?
2. How can we show respect?

ages 4-7

Have you ever forgotten to thank your parents for something they did for you? Did you ever treat a friend badly just because you were in a bad mood? It doesn't matter what you feel like, you should always respect the people that are important to you. What are some ways of showing respect to the important people in your life?

When you are considerate of other people's ideas and feelings, you are giving respect. This is like when someone tells you that what you said hurt their feelings you say "sorry". You give respect to your family members and others as you recognize the special qualities of each person. Such as when your brother comes home with a picture he drew and you look at it and tell him how much

you like it. You also show respect when you give honor to your parents and family members in what you say and do. Like when you use good manners saying "please" and "thank you". Some other ways of showing respect are by waiting your turn in line and not shoving or pushing, or listening carefully to your friend who is trying to tell you a story about his vacation, or leaving your sister's special things in his room alone.

Respect is treating your friend in a way that she knows you care about her feelings. That's why we teach respect in our Martial Arts classes, because it's important for getting along with others. By showing respect to others you are demonstrating your Martial Arts abilities.

Ask your students:

- **What are some examples of showing respect to others?**
(Waiting in line without pushing or shoving. Listening carefully to a friend.)
- **Why is it so important to show respect to others?**
(Because when you show respect to others you are really showing your Martial Arts ability.)

Have you ever forgotten to thank your parents for something they did for you? Did you ever treat a friend badly just because you were in a rotten mood? Despite your mood, you should always respect the people that are important to you. Being respectful to others is one of the first ways to demonstrate, or show respect. What are some ways of showing respect to the valuable people in your life?

When you are considerate of other people's ideas, feelings and actions, you give respect. You demonstrate respect when you treat your friend in a way that she knows you care about her feelings. When your friend is sad about her grandmother being sick, you listen and tell her that you care. When you recognize the special qualities of every person in your family, you are demonstrating respect. Such as going to a concert to listen to your brother play the piano. When you give honor to parents and family members in your speech and action, you are demonstrating respecting others, like saying "please" and "thank you." A way you can show respect to your classmates is by waiting your turn in line for the water fountain and not shoving or pushing.

You practice respect when you are considerate of other people's ideas, feelings and actions. You show respect when you practice politeness in speech, and in actions and when you honor adults with good manners and courtesy. That's why we teach respect in our Martial Arts classes, because it's important for getting along with others. Even more, showing respect for others can help you gain the respect and friendship of others. By showing respect to others you are demonstrating that you are learning the true meaning of Martial Arts.

Ask your students:

- **What are some examples of showing respect to others?**
(Waiting in line without pushing or shoving. Listening carefully to a friend.)
- **Why is it so important to show respect to others?**
(Because when you show respect to others you are really showing your Martial Arts ability.)

adults

When we think of showing respect we often think of respecting others. Often, as adults we are thought of as people with authority. Those adults in authority, such as parents, coaches and teachers, earn respect by giving respect to others. They demonstrate respect to people by talking with and listening to them. In fact, although there are many ways of showing respect, one of the best ways is by listening to others.

People have wills of their own, their own ideas, talents and abilities. When you choose to give respect to others, you gain an attitude of self-respect. There is honor in giving respect to others. By listening, allowing other people their opinion, and feeding back what you've heard, you are showing almost the ultimate in respect. You are telling another person they are valuable for what they are. You don't have to agree with them, you merely have to listen, really listen, to them.

Never miss the opportunity to say a word of congratulation for someone's achievement. Also, express sympathy in sorrow or disappointment in a person's loss, whether it's for a position he or she was applying for, or the loss of a loved one. These are other ways of demonstrating respect for others.

When you demonstrate respect for others, by listening and caring, you will find that others will develop respect for you too. Developing respect for others is an integral part of your Martial Arts training.

Topics for Discussion

- **What are some examples of showing respect to others?**
(Listening carefully or expressing congratulations or sorrow.)
- **Why is it so important to show respect to others?**
(Demonstrating respect helps others develop respect for you.)

"I never met a man I didn't like"
- Will Rogers

week two
LESSON 4

Respecting Others



- Students will learn, through stories, how to show Respect for others.
- By the end of the lesson, the student will know how to show respect for others.

Discuss the following questions during warm up to remind the students of the previous lesson.

1. What is respect?
2. How can we show respect?
3. What are some examples of showing respect to others?
4. Why is it so important to show respect to others?

children's and adult's story

Native American Code of Ethics (excerpted)

Native Americans have a code of ethics that was last published in 1994.

The following is their view on respect to others...

"Showing respect is a basic law of life.

Treat every person from the tiniest child to the oldest elder with respect at all times.

Special respect should be given to Elders, Parents, Teachers, and Community Leaders.

No person should be made to feel "put down" by you; avoid hurting other hearts, as you would avoid a deadly poison.

Respect the privacy of every person; never intrude on a person's quiet moment or personal space.

Never walk between people that are conversing.

Never interrupt people who are conversing.

Speak in a soft voice, especially when you are in the presence of Elders, strangers or others to whom special respect is due.

Never speak about others in a negative way, whether they are present or not.

Show deep respect for the beliefs and religion of others.

Listen with courtesy to what others say, even if you feel that what they are saying is worthless. Listen with your heart.

Respect demands that you listen intently to the ideas of others in council and that you do not insist that your idea prevail. Indeed you should freely support the ideas of others if they are true and good, even if those ideas are quite different from the ones you have contributed. The clash of ideas brings forth the Spark of Truth."

Demonstrating Respect

The purpose of this drill is to demonstrate showing respect by noticing positive things about others.

Let everyone know that letting others know they are special is a wonderful way of showing respect. Say, "It's doing the little things that shows someone that you think they are special". Have your class break up into groups of four or five, for smaller children, and groups of two for older children and adults. Tell the class, "your job is to find something about the person(s) you are with to let them know you feel they are special. Maybe you like the way they smile. Maybe you like how intensely they train. Maybe you like how courteous they are to you. Whatever it is, let them know in the next three minutes what makes them special."

Go around in the class and help anyone having trouble finding something special in others. After you do this drill tell them they have a homework assignment. Their homework is to go home and find something special about everyone in their family. If they live alone, tell them to find something special about someone they work with or know from another activity they participate in, such as church or school.

Finish the class today by asking the students:

What have you done today that made someone feel they were special?

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"Wherever law ends, tyranny begins"
- John Locke

week three
LESSON 5

Respecting Rules



- Students will learn why they should respect rules
- By the end of the lesson, the student will know why they should respect the rules.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is respect?
2. How can we show respect?
3. What are some examples of showing respect to others?
4. Why is it so important to show respect to others?

ages 4-7

Part of respect is following the rules. You are showing respect when you wait for the crossing guard to tell you it's safe to cross the street. Respect is obeying what your parents say, like walking your bike across the street because your Dad said you shouldn't ride it across the street.

Respecting rules is a sign of respect, not only of the rules, but of those who made them. People who make the rules usually make them for the good of everyone who follows them. The rule to not cross the street when the red hand is there is to protect you from being run over by a car. Also, the lights allow cars, and people, to have turns crossing the street. The people who made that rule, your community, made that rule to help you and the cars share the road safely.

Asking permission to leave the table, to turn on the television or using good manners are ways you follow the rules and also ways you demonstrate respect.

Ask your students:

- **How can you show respect by following the rules?**
(By listening to the crossing guard, or following your parent's rules.)
- **What's an example of a rule that keeps you safe?**
(The traffic lights at a street corner that allows you to cross the street safely.)

Following the rules is a large part of showing respect. You demonstrate respect when you wait for the crossing guard to tell you it's safe to cross the street. You also demonstrate respect by obeying what your parents say, such as when your Dad tells you to walk your bike across the street. Respect is also doing your homework when you come home from school, before you watch TV, because your mom has made a rule of finishing homework first.

Respecting rules is a sign of respect, not only of the rules, but of those who made them. People who make the rules usually make them for the good of everyone who follows them. When you walk with friends or stay away from dark, empty lots on the way home from school, you are showing respect for rules of personal safety.

Asking permission to leave the table after dinner, doing your chores, such as washing the dishes, without being told or asking to turn on the television are ways of showing respect. Also, just using good manners shows respect. When you follow the rules you are demonstrating that you understand that rules are good for you and need your respect.

Ask your students:

- **How can you show respect by following the rules?**
(By listening to the crossing guard, or following your parent's rules.)
- **What's another example of following rules?**
(Doing your homework before watching TV.)

adults

Rules are what we use to help us live together. I'm sure you've heard the phrase, "Rules are meant to be broken." It's true that some rules need to be challenged, as the civil rights leaders challenged the tyranny of racism in the 60's. But, we also need to show respect for rules.

What rules do we need to respect? What about every one of them? Respect is built by following all the rules. Not blindly or without thought, though. We need to challenge poor laws and rules, just like the civil rights leaders. But we respect rules because with all our diversity, they help us to coexist.

We need to respect traffic laws and tax laws. Traffic laws are made for public safety and taxes are the way we share the burden of having so many of the services we take for granted, such as roads and fire stations. We

need to respect rules we set at work and at home. We need to respect the rules we set in the same manner we expect our children to respect the rules.

More than anything, by demonstrating respect for rules and laws; you are acting as a positive example for the people around you. You are demonstrating the trait of leadership. You show that you care about society and the world around you. Respecting the rules creates great credibility for you.

Topics for Discussion

- **How can you show respect by following the rules?**
(By obeying traffic laws.)
- **Why is it important to show respect for the rules?**
(It makes you a positive example, a leader for others to respect and follow.)

"The superior man does not set his mind either for anything, or against anything; what is right he will follow." — Confucius

week three
LESSON 6

Respecting Rules



- Students will learn, through stories, why they should respect rules.
- By the end of the lesson, the student will know why they should respect the rules.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is respect?
2. How can we show respect?
3. What are some examples of showing respect to others?
4. Why is it so important to show respect to others?
5. How can you show respect by following the rules?
6. Why is it important to show respect for the rules?

children's story

Following the Rules

Vanessa was riding with Master Woo and her cousin Gracie to a Martial Arts demonstration at Vanessa's school. Gracie was complaining because her mother had put her in time-out the night before. She said she was still mad at her mother for putting her in time out.

Master Woo asked Gracie, "Why did your mom put you in time out?"

"It was because I didn't want to go to bed so I yelled at her", said Gracie.

"Do you have a rule about when your suppose to go to bed?" Master Woo asked.

"Sure we do. I'm suppose to go to bed at eight o'clock every night."

Just then the car pulled up to a stoplight.

"Why do we have stop lights?" asked Master Woo.

"I know", said Vanessa, "Its to keep us from running into those other cars."

"So the stoplight is a rule that keeps us safe?"

"Yes", the girls agreed.

"Why else do we have stoplights?"

"I know", said Gracie, "Stoplights let everyone have their turn."

"Right!" said Master Woo. "Rules help keep us safe and allow us to get along with each other. Just like the stoplights. Do you see now why you should follow the rules?"

Both of the girls smiled and said, "Yes!" as the light turned green.

Ask your students:

- **Are rules made to punish you or to help you get along?**
(Rules are to help you get along.)
- **What else do rules do for you?**
(Rules help you keep safe.)

The Importance of Following the Rules

Why is it so important to follow the rules? One of the biggest reasons for following the rules is that it keeps us out of trouble. As adults, there is another reason of even greater importance. We need to follow the rules because of the example it sets for our children, other people's children, and for the people who look up to us. In his book, "Time Well Spent", published by Prentice-Hall, Steffen Kraehmer gives some examples of what happens to the children of parents who "stretch" the rules slightly. A father borrowed a computer software package from work to copy at home. Later, his son stole a Nintendo® cartridge from a classmate to use at home. A mother sampled some fruit from the market, saying that a certain amount of "grazing" is a store benefit. Later, her daughter ripped-off an ice cream bar at her school at lunchtime, justifying it because her parents pay taxes!

You can tell your kids or little brother to clean their rooms, and they check out your garage or your bedroom. You can tell your children to follow the rules as you roll through stop signs or exceed the speed limit, but it gives them a message, its okay to

break the rules. Kids don't go to manners school, they learn them from the behavior of those they respect. When we say "please" to the waiter and "thank you" to the grocery clerk our children are learning manners from the people they love and respect.

So many people want to change the world. Great! Be an example of following the rules and showing respect for them. You'll change yourself and the part of the world that's most important to you...the world around you.

Topics for Discussion

- **What are two reasons to follow the rules?**
(1. To keep out of trouble. 2. To become a good example.)
- **As adults, which of the two reason can help us the most in changing the world around us?**
(Reason number 2, to become a good example. People follow examples, not words. By following the rules we become good examples.)

DRILL

Follow the Rules

For the children, emphasize that following the rules is important in class. What you are going to do today is see who can follow the rules in class. Tell your students you're going to comment on how well they follow the rules. Every time one of the students is demonstrating how well he or she is following the rules, comment on it.

Say things like, "Johnny is standing in line very quietly. That's an example of following the rules." Or "Look at Sally lining up so quickly, what a good example of following the rules!" If the whole class is following the rules make a comment like, "This class really follows the rules well!"

This drill will give you two outcomes. It will reinforce the value of respecting the rules and it will reinforce to the students what rules you would like for them to follow. An added benefit is that you are giving positive reinforcement to the children and helping them with their self-esteem.

For the adults, take a few minutes and ask what rules or laws they feel are useless or silly. After listening to their comments, ask them, "What can you do to improve this situation?" Listen to those comments.

Remind the adult students that one of the best ways to show respect for rules and laws is to point out your disagreements to those rules and laws to people who can make a difference. Few of us will have to go to the extremes of Ms. Parks refusing to go to the back of the bus to get decision makers to rethink these laws. Just voicing a logical disagreement to a decision-maker can influence a change in many laws or rules.

"Treat the earth and all of her aspects as your mother. Show deep respect for the mineral world, the plant world, and the animal world. Do nothing to pollute our Mother, rise up with wisdom to defend her" - Ghandi

week four
LESSON 7

Respecting Things and the Environment



- Students will learn how to show respect for things and their environment.
- By the end of the lesson, the students will know how to show respect for things and their environment.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is respect?
2. How can we show respect?
3. What are some examples of showing respect to others?
4. Why is it so important to show respect to others?
5. How can you show respect by following the rules?
6. What's another example of following rules?

ages 4-7

Respect can be shown by how you treat things and the environment. When you put your books high up on a shelf so your baby brother doesn't use them for coloring books, you're showing respect for things. When you don't jump up and down on the furniture at grandma's house or bounce on your bed, you're showing respect for things. When you ask permission to use someone else's toy, you are showing respect for things.

When you drop your Popsicle stick in the trash can, rather than on the ground, you are showing respect for the environment. If you pick up litter from in front of your yard you are showing respect for the environment. Saving cans and bottles to be recycled shows your respect for the

environment. Anytime you do something that helps the environment you are showing respect for the environment. Showing respect for things and the environment shows you care about the world around you.

Ask your students:

- **How can you show respect for things?**
(By putting your books away in a safe place or not jumping on furniture.)
- **How can you show respect for the environment?**
(By picking up litter and by not littering in the first place.)

One way we should all demonstrate respect is by the way you treat your things and the things of others. You also show respect in how you treat the environment. When you put your books high up on a shelf so your baby brother doesn't use them for coloring books, you're showing respect for things that belong to you, and others. When you clean your room and put your things away you're showing respect for your things. When you go to your grandma's house and don't bounce on her bed, you're showing respect for her things. When you ask permission to use someone else's toy, you are showing respect for their things.

When you drop your Popsicle stick in the trash can, rather than on the ground you are showing respect for the environment. If you pick up litter from in front of your yard you are showing respect for the environment. When you help

with a neighborhood cleanup, or painting over graffiti, you are demonstrating your respect for the environment. When you recycle cans, bottles and paper, you are demonstrating how much you care about the environment. Anytime you do something to help the environment you are showing respect for the environment. Showing respect for things and the environment shows you care about the world around you.

Ask your students:

- **How can you show respect for things?**
(By putting your books away in a safe place or not jumping on furniture.)
- **How can you show respect for the environment?**
(By picking up litter and by not littering in the first place.)

adults

When we talk about respecting things, we are talking about taking care of them as if they are your own. Most people take care of their own things, cars, homes etc., but when it comes to taking care of the things of others, or things that we share with others, such as beaches, parks, or the environment, they lose some of their respect. Many people take the attitude, "that's someone else's job." but the job of taking care of our environment belongs to us all. You see, we all are "owners" of the earth.

There are many examples of disrespectful behavior toward the environment, from littering, to dumping toxic chemicals into the waters of the globe, to global warming brought about by the use of certain refrigerants in our cars and refrigerators. The problem is our world is being affected by the lack of respect for the environment. Fish in our rivers, lakes and seas are dying,

the are toxic dumps where no one can go near. Everywhere we look we can see examples of man's disrespectful behavior to the environment.

How can we demonstrate respect for the environment? We can start with the simple things. Refrain from littering; pick up litter around your house and neighborhood. Recycle aluminum cans, glass and plastic bottles, the oil from your car. Raise an organic garden, use composting, and solar energy devices. When you know of a nonpolluting method to do something, use it.

If you desire, you can take even greater steps to respect the environment. You can join an organization aimed at improving the environment, or donate money or time to projects such as planting trees. Whatever you choose, remember respecting the environment is an investment for you and the generations to follow.

Topics for discussion

- **How can you show respect for the environment?**
(By picking up litter and by not littering in the first place.)
- **What can you do to improve the environment?**
(Recycle, join an organization or help out in a project that helps the environment.)

"People from a planet with no flowers would think that we must be mad with joy the whole time to have such things about us." — Iris Murdoch

week four
LESSON 8

Respecting Things and the Environment



- Students will learn, through stories, how to show respect for things and their environment.
- By the end of the lesson, the students will know how to show respect for things and their environment.

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. What is respect?
2. How can we show respect?
3. What are some examples of showing respect to others?
4. Why is it so important to show respect to others?
5. How can you show respect by following the rules?
6. What's another example of following rules?
7. How can you show respect for things?
8. How can you show respect for the environment?

children's story

Let's All Pitch In!

One day Master Woo was walking with one of his students, Ralph when they came upon an empty lot that was full of old paper plates, broken bottles, and fast food wrappers and other trash. Ralph told me, "Look at this lot. It's too bad that nobody takes care of it."

Master Woo asked, "Who do you think should clean this up?"

"The people who own this lot!" was Ralph's quick reply.

"Who do you think that might be?" Master Woo inquired.

"I don't know." said Ralph.

"What if I were to say it belongs to the city?" said Master Woo.

"Then the city should clean it up!"

"And who owns the city?" Master Woo asked.

Ralph smiled at the question and answered, "I guess we all do."

"That's right," said Master Woo, "when would you like to start?"

"Let's come back this weekend," said Ralph, "I'll bring the plastic bags."

Ask your students:

- **What did Ralph think about the lot with all the trash?**
(He thought someone should clean it up.)
- **Who did Ralph think should clean up the lot?**
(Ralph thought that the owners should clean it up.)
- **Who are the owners of the land that is owned by the government, such as the parks, or the beaches?**
(We are. The citizens of the communities are the owners.)
- **Who is responsible to keep these areas clean?**
(Each one of ours, because we are the owners.)

Adopt-A-Highway

To make a difference in the environment can just take a little caring by the community at large. One of the success stories in environmental caring is the Adopt-a-Highway program.

Motorists traveling the roadways in any part of the United States, and soon, in the whole world, often pass the familiar blue Adopt-a-Highway sign. If it's the right time of year, they may even catch a glimpse of a group of people walking the right-of-way, trash bags in hand and wearing bright orange safety vests.

Active citizen groups throughout the United States have adopted thousands of miles of roadway. Twice each year members of these group get together and pick-up their section of roadway. The volunteers supply the personnel and transportation to the site, while the county they reside in provides vests, trash bags and pick-up, removal of heavy or hazardous items and the recognition sign. Each sign represents a group of fellow citizens who have come together to improve the natural environment for the benefit of all citizens. What is not apparent to the observer is the story behind each of those signs.

In Scott County, Minnesota, Keup Motors employees in Belle Plaine are one Adopt-a-Highway group. They have been picking up along County Road 7 and County Road 64 in Belle Plaine since 1992. According to Fred Keup, he initiated the group because of his firm belief in public service. "We have over 80% of our employees volunteering for the project," Keup noted. The usual group of about 14 employees makes quick work of their assigned stretch. "People should know it only takes about 1 1/2 to 2 hours, twice a year," said Keup.

Many civic and church groups are also doing their part to keep our roadways litter-free. If your group is interested in adopting a stretch of road, contact the Adopt-a-Highway Coordinator in your community.

DRILL

Becoming Environmentally Friendly

This is actually a take home drill. At the beginning of class, remind the students that you are working on respecting the environment this week.

Because of this, you're going to hand out a reminder sheet to everyone that lists ways to show respect for the environment this week. Tell them to try to do as many of the activities as possible. If they'd like, they can turn in a short essay (a paragraph or two with a drawing or photo) of something they did to show their respect for the environment.

When the students turn in their essays and pictures, be sure to post them where everyone can see them, perhaps in your front window. It reinforces your efforts to respect the environment and reinforces to your students and parents the value of your program.

The following is a list of the activities you can use with your handouts.

1. "No Garbage Lunches" — using reusable packaging.
2. "The Trash Police" - picking up trash around the house and neighborhood.
3. "The Recycling Team" - recycling all your cans, bottles and newspapers.
4. "Aquacop" — hunting down dripping faucets,
5. "Chill Out in Your Room (or house)" — finding air leaks that cause energy loss.
6. "Fill it Up!" - carpooling.
7. "Charge It!" — switching to rechargeable batteries.
8. "What Goes Around Came Around" — buying recycled paper products.

*"He that respects himself is safe from others; he
wears a coat of mail that none can pierce"*
— Henry Wadsworth Longfellow

week five
LESSON 9

Respecting Yourself



- Students will learn what respecting yourself means.
- By the end of the lesson, the students will know how to demonstrate respect for themselves.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is respect?
2. How can we show respect?
3. What are some examples of showing respect to others?
4. Why is it so important to show respect to others?
5. How can you show respect by following the rules?
6. What's another example of following rules?
7. How can you show respect for things?
8. How can you show respect for the environment?

ages 4-7

A very important part of understanding respect is respecting yourself.

Respecting yourself means doing things that are good for you, like eating good foods. Another way to demonstrate respect for yourself is by getting lots of fresh air and by getting lots of exercise, like when you come to your Martial Arts classes.

Respect is going to bed in time to get plenty of rest. It is also saying NO to drugs. Showing respect for yourself is important in all aspects of your life. When you show respect for yourself and others, they will show respect for you.

Ask your students:

- **How can you show respect for yourself?**
(By getting lots of exercise, eating the right foods, going to bed early.)
- **How does showing respect for yourself help you?**
(Showing respect for yourself can help you in all areas of your life, but by showing respect for yourself it helps others show respect for you.)

When you learn to show respect for yourself, you are demonstrating your understanding of respect. Respecting yourself means doing things that are good for you. Some things that are good for you are eating good foods and getting lots of exercise, like when you come to your Martial Arts classes. When you get lots of rest, you are showing respect for your health. When you read books you are showing respect for your mind.

You show respect for yourself by doing your best in school. When you do your homework before you watch television, you are respecting the rules, and respecting yourself by putting learning first.

Another part of demonstrating respect for yourself is by staying clear of things that will hurt you. Saying NO to drugs, alcohol and tobacco are some of the best ways you can show respect for yourself. When you join the basketball team instead of a gang, you are demonstrating respect for yourself. Showing respect for yourself is important for everything you do in life. A good rule to know is that when you show respect for yourself by doing good things for yourself, others will show respect for you too.

Ask your students:

- **How can you show respect for yourself?**
(By getting lots of exercise, eating the right foods, going to bed early.)
- **How does showing respect for yourself help you?**
(Showing respect for yourself can help you in all areas of your life, but by showing respect for yourself it helps others show respect for you.)

adults

Self-respect is vitally important to succeed in life. In fact, the lack of self-respect is one of the most evident features in the most unsuccessful people of our society, those who find themselves in prison. One of the most predominant themes of these people is that, because of one excuse or another, they didn't respect themselves so they were out to find respect through their misguided actions. In fact, it was reported that John Dillinger, the famous bank robber/gangster of the 30's, ran into a farmhouse and repeatedly told the occupant, "My name is John Dillinger. I'm not going to hurt you, I just want you to know that my name is John Dillinger." What you want to do is find ways that will build your self-respect without ending up like John Dillinger (who was shot dead by the FBI).

How can you build your self-respect? You're already involved in one of the best ways you can build your self-respect, through the Martial Arts and life skills program of Martial Arts America. The physical part of Martial Arts demonstrates your respect for your physical health. The mental curriculum shows your respect for ongoing mental improvement.

How else can you improve your self-respect? You can do this by reading books. These books should be Horatio Alger stories of people who have started with nothing, or less, and built a tremendous life for themselves. People like Benjamin Franklin, or Andrew Carnegie, Andrew Wood or Bill Gates. Other books to read are self help books, books that can improve your conversational abilities, any book that helps you to improve your life. Listen to audio tapes and watch videotapes that help you with different areas of your life. Get involved in Toast Masters; take a course in public speaking.

Finally, surround yourself with people who build you up, who respect you for who you are. Just like you do in your Martial Arts class. By building your self-respect others will respect you too!

Topic for Discussion

- **How can you show respect for yourself?**
(By getting lots of exercise, eating the right foods, reading books, listening to motivational audiotapes, etc.)
- **What does showing respect for yourself do for the respect others show you?**
(Showing respect for yourself helps others see you in a positive light. It helps them develop respect for you.)

"Six essential qualities that are the key to success: Sincerity; Personal Integrity; Humility; Wisdom; Charity and Respect." — Dr. William Menninger

week five
LESSON 10

Respecting Yourself



- Students will learn, through stories, what respecting yourself means.
- By the end of the lesson, the students will know how to demonstrate respect for themselves.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is respect?
2. How can we show respect?
3. What are some examples of showing respect to others?
4. Why is it so important to show respect to others?
5. How can you show respect by following the rules?
6. What's another example of following rules?
7. How can you show respect for things?
8. How can you show respect for the environment?
9. How can you show respect for yourself?
10. How does showing respect for yourself help others?

children's story

Sam the Squirrel

Master Woo began, "Sam was a small squirrel with short legs. The problem with being small with short legs was that the nuts were a long ways away and Sam's legs weren't long enough to get him to the place where the nuts were. On top of that, he wasn't very strong, so he wasn't much help pulling or pushing the box of nuts once it was close to where they lived."

"Sam was telling his father how sad he was because his legs were short and he wasn't very strong when his father told him, 'That's okay Sam, you are smart. Being smart is better than having long legs or being strong.' Sam didn't think so but his father had caused him to think."

"One day, Sam was thinking of how he could make it easier to bring the box to the nuts when he thought of putting round wheels, made of wood, on the box. Sam

worked through the night putting the wheels on the box and, in the morning when the squirrels came to get the box, he was asleep inside the box."

"The squirrels pushed the box and were very excited about how easy it was to move it with the new round things on the bottom of it. All this noise woke Sam up and he looked up over the edge of the box and told the other squirrels what he had done. He was now a hero and all the squirrels thought he was one of the best squirrels in their village. Sam found that respect came from when you tried your best to do the best with what you have."

Ask your students:

- **What was different about Sam?**
(He had short legs and wasn't as strong as the other squirrels.)
- **What did Sam find out?**
(When you do your best with your talents you don't have to have long legs or be strong. It's okay to be yourself.)

The 97 Pound Weakling

He was a sickly and skinny kid during high school, the classic “97 pound weakling.” He wore thick glasses, arch supports and a shoulder brace. He was so self-conscious about his appearance that he dropped out of school.

His future seemed extremely gloomy. Then one day he attended a health lecture and decided he wanted his future to be different from his past. So he began to exercise two hours each and every day. He changed his junk food diet to a health food diet. Slowly he changed his appearance, and his self-respect. Through all of this he changed his future. The change was so great that he opened up one of the first health club studios in the United States. He went door-to-door in Oakland, California, promoting his new exercise business.

For over fifty years now, he has promoted exercise. He has an international reputation for fitness. Many think of him as “Mr. Exercise.” He now has his own private gym and drives a One hundred and fifty thousand-dollar car. He attributes his success to the change in his self-respect brought about by the exercise program he started as a teenager. His name is Jack LaLanne.

Jack LaLanne will be the first to tell you it starts with your self-respect. He will also tell you that you can change your self-respect. In fact, he would agree with your choice to take Martial Arts, if only for that reason. That taking Martial Arts can help you change and see yourself for what you can really become.

Topics for discussion

- How does self respect influence a person's future?
- What are some examples of developing self respect?

DRILL

Pick One Thing

The purpose of this drill is to help your students focus on things that can help them with their self-respect.

Tell your students that one of the best things they can do to improve their self-respect is to choose one thing to improve and concentrate on improving it. What they'll find is by making little improvements, they'll feel better about themselves, and this will build on itself.

Have every student pick something they are good at and try to improve it today. Ask them to tell you what it is at the beginning of class. Also tell them you're going to see how much some of them have improved at the end of class. Pick volunteers. Make sure that you notice something better about what they do at the end of class. Remind the class that by making small improvements they learn to respect themselves more and more each day. The trick is to make the constant daily effort to improve.

"Every human being of whatever origin, of whatever station, deserves respect. We must respect each other, even as we respect ourselves."
— U Thant

week six
LESSON 11

Respect Review



- Students will review the lessons of Respect.
- The students will review the information they have learned about Respect.

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. What is respect?
2. How can we show respect?
3. What are some examples of showing respect to others?
4. Why is it so important to show respect to others?
5. How can you show respect by following the rules?
6. What's another example of following rules?
7. How can you show respect for things?
8. How can you show respect for the environment?
9. How can you show respect for yourself?
10. How does showing respect for yourself help you?

ages 4-7

Let's review what we've learned about respect. First, we learned that respect is the way we treat ourselves, other people, things we and others own, and the environment. We found out it is an attitude, a way of thinking, about people, places and things.

We learned that Martial Arts training is built upon respect and respect is very important in getting along with others. For that reason, studying the Martial Arts teaches you to get along with your teachers and classmates.

We learned that another important aspect of respect is by how you treat things and the environment. By respecting things, we meant treating our things, and the things of others, with care. Respect for the environment was not littering and doing things to help the environment. We learned that showing respect for things and the environment shows you care about the world around you.

We also learned that a very important part of understanding respect is respecting yourself. Respecting yourself means doing things that are good for you, like eating good foods, getting plenty of exercise and lots of sleep. We found that it is also saying NO to drugs.

Showing respect for yourself is important in all aspects of your life. When you show respect for yourself and others, others will show respect for you too.

Ask your students:

- **What is respect?**
(Respect is an attitude, a way of thinking about people, places and things.)
- **How can we show respect?**
(We show respect in how we treat ourselves, others, things and the environment.)
- **How can you show respect for the environment?**
(By picking up litter and by not littering in the first place.)
- **How can you show respect for yourself?**
(By getting lots of exercise, eating the right foods, going to bed early.)

We have been learning about respect for the past five weeks. We learned that respect is an attitude, a way of thinking, about people, places and things. It's the way we treat ourselves, other people, things we and others own, and the environment. We found that respect is shown by action, not by words.

We learned that one of the first ways to show respect is by being respectful to others. We found by showing respect to others you are demonstrating your Martial Arts abilities.

We also learned that respect can be demonstrated in how you treat things and the environment. Taking care of your things shows you respect them. Showing respect for the things of others is a way of showing respect to the other person. We learned that by not littering and recycling we show our respect for the environment. Showing respect for things and the environment shows you care about the world around you.

We learned that when you learn to show respect for yourself, you are demonstrating your understanding of respect. Respecting yourself means doing things that are good for you, like eating good. We learned that reading books shows your respect for your mind.

Finally, we learned that respecting yourself means staying clear of things that will hurt you. Saying NO to drugs, and gangs is an excellent way of demonstrating respect for yourself. Showing respect for yourself is important for everything you do in life. A good rule to know is that when you show respect for yourself by doing good things for yourself, others will show respect for you too.

Ask your students:

- **What is respect?**
(Respect is an attitude, a way of thinking about people, places and things.)
- **How can we show respect?**
(We show respect in how we treat ourselves, others, things and the environment.)
- **How can you show respect for the environment?**
(By picking up litter and by not littering in the first place.)
- **How can you show respect for yourself?**
(By getting lots of exercise, eating the right foods, going to bed early.)

adults

As adults you know that respect is a very important part of life. We found that respect is an attitude, a way of thinking about people, places and things. It is an essential part of Martial Arts training.

By respecting the philosophies and feelings of others, you demonstrate respect. By choosing to give respect to others, you gain an attitude of self-respect. By listening, allowing other people their opinion, and feeding back what you've heard, you are showing almost the ultimate in respect.

You were reminded that through demonstrating respect for rules and laws; you are acting as a positive example for the people around you. You show that you care about society and the world around you.

We also talked about respecting the environment because it is an investment for you and the generations to follow. We talked about ways we could work on becoming a little more "environmentally friendly" in our lives.

Finally we discussed developing more self-respect. This is because self-respect is the center for the development of all respect.

Topic for Discussion

- **What is respect?**
(Respect is an attitude, a way of thinking about people, places and things.)
- **How can we show respect?**
(We show respect in how we treat ourselves, others, things and the environment.)
- **How can you show respect for the environment?**
(By doing "environmentally friendly" tasks on a daily basis.)
- **How can you show respect for yourself?**
(By working on self-development, listening to tapes, reading good books and getting around the right people.)

"Respect is something that is earned, not commanded."
—Patrick Lewis

week six
LESSON 12

Respect Review



- Students will review, through stories, the lessons of Respect
- The students will review the information they have learned about Respect.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is respect?
2. How can we show respect?
3. What are some examples of showing respect to others?
4. Why is it so important to show respect to others?
5. How can you show respect by following the rules?
6. What's another example of following rules?
7. How can you show respect for things?
8. How can you show respect for the environment?
9. How can you show respect for yourself?
10. How does showing respect for yourself help you?

children's story

Diamonds & Toads

Master Woo began the tale, "Once upon a time there was a woman who had two daughters. One daughter was sweet and kind; the other was disagreeable and mean. It was a long time ago and the girls had to go to a small river, to get water. One day, the nice daughter who went to collect water everyday at the stream, met a poor woman who begged her for a drink. The nice daughter gave her water and the woman, in turn, told her she had given her a gift for being so respectful to her. The daughter wondered what it might be. Upon returning home she began telling her mother what happened, but just as she began to speak, diamonds and flowers fell from her mouth. This was the gift that the poor woman had given her.

Before she heard a word, the mother ordered the mean daughter to go to the stream to fetch water. She thought since

her first daughter came home with diamonds falling from her mouth sending her second daughter would make her twice as rich. The mean daughter came upon the same poor woman in the woods, but instead of getting water for her she defiantly told her to get her own water. The poor woman gave her a gift too. When the mean daughter returned to her mother's house as she began to speak, toads and snakes fell from her lips. It was her gift for being disrespectful and unkind."

Master Woo continued, "When you are respectful you will get gifts from other people. It won't be diamonds, but it will be actually worth more than diamonds. People will respect you too. Or you could choose to be disrespectful and receive disrespect from others. The choice is up to you."

Ask your students:

- **What did the first daughter do to get her reward?**
(She was respectful of the poor woman's plea to get water for her from the stream and she received a valuable reward.)
- **What did the second daughter do to receive her reward?**
(She acted disrespectfully toward the woman and received toads and snakes.)

What Kind of People Live in Your City?

An old man sat outside the walls of a great city. When travelers approached they would ask the old man, "What kind of people live in your city?"

The old man would reply, "What kind of people lived in the place where you came from?"

If the travelers answered, "Only bad people lived in the place where we came from," then the old man would reply, "Continue on; you will find only bad people here."

But if the travelers answered, "Only good people lived in the place where we have come from," then the old man would say, "Enter, for here, too, you will find only good people."

In life, we will get what we put out. Treat your neighbors and the environment with respect and respect will come back. You will note good things around you and people will seem kind and respectful. The opposite, of course, is also true. What kind of world do you want to live in?

Topic for Discussion

- What kind of world are you building for yourself – one filled with respect or disrespect?
- How could you improve the respect in your world?

DRILL

Command Respect

This drill is to give the student a feel for the difference between using courtesy to gain respect and demanding respect.

First, divide the class into groups of 3 - 5 students. Mix the groups so there are as many different ranks, ages and personalities as possible.

Note: Sometimes beginning or younger students aren't very confident in themselves and have a hard time being commanding to others. With these students, make sure you assign a specific technique or exercise to teach the group.

Tell each leader that you want them to teach like a drill instructor. Demonstrate how a drill instructor would demand the respect of his or her recruits. Show them how to bark out orders in a way that demands that their "team" obey their orders. Be animated and have fun when you do this.

Now, have everyone take turns being the drill instructor. After everyone has demanded respect, tell them how to earn respect through the use of courtesy. Some suggestions are; asking with "please, saying "you might try it this way", or saying, "When I do it this way it works better for me", and other examples you might think of. The purpose of the drill is to re-frame the students to treating each other with respect in word and deed. If one of the students comes up with something especially good, have them demonstrate it to the whole class.