

Name _____ Belt _____

RESPECT

Define the word RESPECT.

Name one person that you RESPECT and why you respect them.

List three ways that you can show a person RESPECT.

1. _____
2. _____
3. _____

Fill in the blank.

RESPECT is something you have to _____.

TRUST

How can you show someone that they can TRUST you?

What is a person who you don't know called? A _____

Why shouldn't you TRUST a stranger?

Name the three people you TRUST most.

1. _____
2. _____
3. _____

APPRECIATION

To APPRECIATE someone means to.

Give a reason why you should APPRECIATE the following people:

Your Mom and Dad. _____

Your Teacher at school. _____

One or your Friends. _____

Your Taekwondo Instructor. _____

Choose one of the above and describe how you can show your APPRECIATION for that person:

SELF-RESPECT

What does SELF-RESPECT mean?

How can you show SELF-RESPECT for the following?

Your mind _____

Your body _____

Can you expect others to show you respect if you don't show respect for your own self?
Why not?
