

Humility

"My grandfather once told me that there were two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group; there was much less competition." – Indra Gandhi



Dear Parents,

This month, we are learning about humility. The martial arts has a long tradition of emphasizing the importance of humility. It helps keep us grateful for the contributions others have made in our lives. Humility also

allows us to view our accomplishments and talents in a broader context – that of being impacted by many others and having an impact on many others.

In addition, humility can be an effective motivator. Leaders who are willing to not only share credit for their accomplishments, but to also deflect praise towards the others on their team, will earn their teammates' loyalty and respect. Humility is an important but often misunderstood trait. Those who don't understand it consider it a weakness or the result of low self-esteem. However, the martial arts have always considered humility to be a true sign of personal strength and integrity. We have provided some suggestions below on how you can help your child properly understand and appreciate the trait of humility.

Other Things Parents and Caregivers Can Do to Help Their Child Learn Humility

Model humility for them. Whenever you have successfully accomplished a goal or task, discuss with your children how the contributions of others helped you succeed. In addition, be quick to praise them for contributions they make.

Help them properly define humility. Humility recognizes that we have not made our accomplishments on our own. It places our achievements in the broader context of our place in a continuing stream of individuals who are both impacted by and impact others. Humility keeps our pride in check, and allows us to develop a healthy self-respect.

Test the motivating aspect of humility. Make a special point to offer praise and encouragement to your children. If they helped with chores around the house, or a special project, shower them with praise and credit for the success. Conversely, if the project was not as successful, take the majority of the blame. Let your children experience, first-hand, the motivating power of a humble attitude.

Provide them opportunities to demonstrate humility. During this month, make a special effort to give your children the opportunity to demonstrate a humble attitude. Help them see the benefits of this character trait in themselves and in others. Put them in charge of a project, or give them a special task in which they have to cooperate with others to be successful. Discuss the various aspects of humility they have learned about, and help them apply those to their project.

June 2010

Theme
Of the
Month

This month our weekly lessons will cover:

Week One:

"There's no telling how far a person can go if he's willing to let other people take the credit."

– Robert Woodruff

Week Two:

"The wise person possesses humility. He knows that his small island of knowledge is surrounded by a vast sea of the unknown."

– Harold C. Chase

Week Three:

"Humility leads to strength and not to weakness. It is the highest form of self-respect to admit mistakes and to make amends for them."

– John J. McCloy

Week Four:

"If anything goes bad, I did it. If anything goes semi-good, we did it. If anything goes really good, then you did it. That's all it takes to get people to win football games for you."

– Paul "Bear" Bryant

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