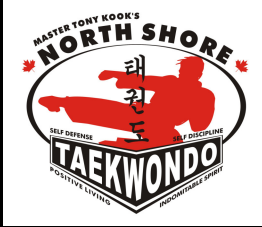


# Respect

"He who wants a rose must respect the thorn." – Persian Proverb



## Dear Parents,

In April, we are learning about respect — respect for others and self-respect. The martial arts has always placed a high priority on respect, as it is the

foundation of most relationships. Without respect, there can be no cooperation, no education, and no support or encouragement. Respect is very important to living a successful and fulfilling life.

It is important that your children learn the importance of respect, and how to truly show respect for others. We strive to teach and model these important lessons every day through our martial arts training. We have provided some suggestions below on how you can help your children learn the importance of respect.

### Other Things Parents and Caregivers Can Do to Help Their Children Learn Respect

**Model respect for them.** You have the most influence on your children. They will pattern their behavior after what they observe you doing. Go out of your way this month to display respect for others in front of your children. Also, talk to them about the importance of self-respect.

**Give them concrete actions to take.** Give them some things they can do to show respect for others. Helping a sibling with a chore, helping a friend with homework, and obeying you or the teacher the first time they are instructed to do something are all good examples of showing respect. These examples will help them see that showing respect for others requires actions more than words.

**Remind them of what they learn in martial arts class.** We work hard to teach respect to our students. Remind your children of what they learn in their class, and how they can apply it to other areas of their lives. Making the connection between what they learn in their martial arts school and what they do in other places will reinforce the importance we place on respect.

**Help them respect themselves.** It is hard to show respect for others, or to gain the respect of others, if we don't respect ourselves. Children often have a hard time gaining self-respect. Help them by emphasizing the importance of exercise, learning, and helping others. As author and motivational speaker Tony Robbins tells us, these actions will "feed and strengthen our minds, body, and spirit." They will generate self-respect.

*Passion,  
Purpose,  
Practice.*

April 2010  
Theme  
Of the  
Month

This month our  
weekly lessons  
will cover:

### Week One:

*"Every human being, of whatever origin, of whatever station, deserves respect. We must each respect others even as we respect ourselves."*

— Ulysses S. Grant

### Week Two:

*"Respect your fellow human being, treat them fairly, disagree with them honestly, enjoy their friendship, explore your thoughts about one another candidly, work together for a common goal and help one another achieve it."* — Bill Bradley

### Week Three:

*"If you want to be respected by others the great thing is to respect yourself. Only by that, only by self-respect will you compel others to respect you."*

— Fyodor Dostoyevsky

### Week Four:

*"A friend drops their plans when you're in trouble, shares joy in your accomplishments, feels sad when you're in pain. A friend encourages your dreams and offers advice — but when you don't follow it, they still love and respect you."* — Anonymous

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