



DOJO PRECEPTS

- 1. Humility** |(h)yōō'militē| a modest or low view of one's own importance
Being humble; understanding you don't need to show off
HOW WE SHOW: not showing off in class; not making other people look bad

- 2. Self-Control** |'sɛlf kən'troul| the ability to control oneself, in particular one's emotions and desires or the expression of them in one's behavior, esp. in difficult situations
Controlling eyes, mind, and body; physical and emotional control
HOW WE SHOW: not distracting others while in line; paying attention to the instructor

- 3. Integrity** |in'tegritē| the quality of being honest and having strong moral principles; moral uprightness
Doing the right thing
HOW WE SHOW: doing your moves the right way; doing all that you say you did

- 4. Courtesy** |'kərtəsē| showing politeness in one's attitude and behavior toward others
Being kind, thoughtful, and polite
HOW WE SHOW: not talking while the instructor is talking; using “please” & “thank you”

- 5. Discipline** |'disəplɪn| obeying rules or a code of behavior
Good habits; following the rules
HOW WE SHOW: practicing regularly; staying in line until instructor dismisses you

- 6. Perseverance** |,pɜrsə'vi(ə)rəns| steadfastness in doing something despite difficulty or delay in achieving success
Never giving up; doing your best
HOW WE SHOW: not stopping during exercises even when hard and you are tired