



MAT CHAT



Tenets and Codes

Code 5: In fighting, choose with sense and honor

What does it mean?

This means to pick your battles wisely. Only fight when there is no other choice. Do not learn to fight to get your way by bullying those weaker than you. We learn how to fight so that we do not have to fight – this is the way of Pyong Hwa Kunin (Peaceful Warriors).

What it DOESN'T mean.

Just like Code 4, it does not mean that you fight every fight that comes your way.

What would you do?

- Sam, another student in your class at school calls you names that you don't like. Do you punch him? What would you do?
- You overhear two girls making fun of Hazika, another girl in your class because she is different. Do you defend her?
- Johnny is sitting in your seat at lunch. He has done this every day for a week and it really makes you mad. You've been taking karate for a year now and think you could just knock him out of the chair. Do you do it?

At Home Training – Bring to the next *Mat Chat*.

Share your example of when you chose to fight, or not fight.

- You can write. Tell about it, or it can be a story or poem.
- You can draw a picture of yourself fighting, or not fighting.
- You can tell. Be prepared next time to tell about when you decided you needed to fight, or when you chose not to fight.

