



MAT CHAT



Tenets and Codes

CODE 4: Never Retreat in Battle

What does it mean?

Never retreat in battle means do not give up and walk away from what challenges you because something seems hard or difficult to accomplish. Stay the course!



What it DOESN'T mean.

It does not mean that you fight every fight that comes your way.

What would you do?

- You are struggling with learning something at school. You keep trying but it seems so difficult to learn. Do you give up? Do you say “I quit”?
- You make a promise to yourself to start eating healthy. You work really hard to stay away from junk food, but one day you splurge and eat all kinds of candy and soda. Do you give up on your promise of a healthier you? Do you say “oh forget it...too late now. I blew it?”
- You try and try but can't seem to do your new break in breaking boards. Do you decide to just tell your instructor you can't do it? Do you ask to be allowed to do something easier?
- You have attended several tournaments and have not brought home a trophy yet. Do you stop going to tournaments?

At Home Training – Bring to *Mat Chat* in two weeks.

Share your example of when something challenged you.

- You can write. Tell about it, or it can be a story or poem.
- You can draw a picture of yourself overcoming a challenge.
- You can tell. Be prepared next time to tell about when something challenged you and you overcame it.