



MAT CHAT



Tenets and Codes

Tenet 5 - Self-Control

What does it mean?

Self-Control is doing what is right when you feel like doing what is wrong. It helps you make good decisions.

What is a Better Choice?

- You play a game that is difficult and you keep making mistakes. You get mad at the game or the person you are playing with.
- It's time to leave for karate but your favorite tv show just came on. You tell your parental unit that you don't feel well.
- You want something at the store but your parental unit says no. You throw a tantrum.
- You love ice cream so much that you keep eating and eating and eating and get sick.
- Your karate instructor wants you to concentrate on basics but you know you can do more advanced techniques so you do them to prove it. You don't understand why your instructor makes you do pushups for not following instructions.

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

Give one example of how you demonstrated self-control and made a better choice!

- You can write – it can be just telling about it, or it can be a story or poem.
- You can draw a picture of someone showing self-control.
- You can tell. Be prepared next time at *Mat Chat* to tell about how you demonstrated self-control and made a better choice.

