

Tenets and Codes

Tenet 6 - Humility

What does it mean?

Having humility means we do not think we are better than others. It is ok to be confident but humility means we do not brag or boast about being better. In fact, we help people rise by lifting them up.

What is a better choice?

- You win a trophy at a tournament. Do you tell everyone you are better than they are, or are the best?
- Your friend tells you that you look really good today. Do you answer “I know, right?”
- You visit a friend’s house and see that you have a lot more and more expensive toys than your friend. Do you brag about the things you own?
- You win every single sparring match at class. Or maybe every video game you play. Do you tell your opponents before you start, “Just so you know. I always win.”



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

Give an example of how you showed humility and made a better choice! Or give an example of when you saw someone else showing humility.

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