



# Black Belt Principles

## Mat Chats One

Day One: Politeness and your Family

Your parents make huge sacrifices for you on a daily basis. Everyday they get up and go to work, probably something they would prefer not to do, all because they love you and want to make sure you are safe and taken care of.

Imagine if every day you made sacrifices like that and then were treated disrespectfully by the people you made the sacrifices for?

How would you feel?

Saying Yes, sir or Ma'am, or No, sir or Ma'am is one of the simplest ways you can show your appreciation for everything Mom and Dad does for you. Being polite shows you are also willing to go out of your way to do something nice for the people who care about you.

Let's do an experiment. Make sure you answer Mom and Dad respectfully today after class. Watch and see what kind of facial expression you see when you do!

## Mat Chat Two

Day Two: Politeness and your Family

We talked last time about saying Yes, Sir or No, Sir, Yes, Ma'am or No, Ma'am last class.

What other ways could you be polite?

Could you open and hold a door for Mom or Dad?

What about chewing with your mouth closed?

Saying "excuse me" if you need to move by someone?

What else could you do to show you care about the feelings of your family members?

Being polite really builds your relationship with those people around you! It's a great way to make new friends and make great impressions on the new people you meet!