



Black Belt Principles

Mat Chats One

Day One: Politeness and Your School

Every day as we make decisions, we need to weigh the costs and benefits of those decisions. For example on the first day of school do we bring a gift for our new teacher? A box of chocolates? An apple? And after spending our money on such a gift, will it make a positive impression on our new teacher?

Rarely in your life will you get such an amazing return on your investment than by being polite to your teachers in school. Simply teaching yourself to answer your teacher respectfully will go a long way with getting your teacher interested in really helping you with your education.

And saying Yes, Sir/Ma'am, or No, Sir/Ma'am costs you NOTHING!!

And your teacher will always remember how polite you are whenever you need his or her help!

Mat Chat Two

Day Two: Politeness and Your School

We spoke last class about the benefits of speaking respectfully to your teachers, but what about your fellow students? No, I don't expect you to call everyone your own age Sir or Ma'am but you can be careful with what you say to the people around you. Name calling, insults, trash talking and bragging can really make it difficult to make and keep friends.

The old adage, "If you can't say something nice, don't say anything at all" is a great way to make sure you treat your classmates the same way you would like to be treated. Go out of your way to be nice and you really strengthen your friendships!