

# Respect

**Definition:** To treat people, animals and yourself with kindness

**Ways to show respect in Karate:**

- **Saying Osu!** (yes, I understand and I'll do the best of my ability)
- **Lining up shoes neatly at door** (according to rank)
- **Bowing politely** (hands on hips, eyes cast down, bend at waist, done slowly)
- **Not being disruptive in class** (listening and only speaking when asked)
- **Meditating silently before class**
- **Quietly getting changed in bath rooms** (also keeping clothing neat & organized)
- **Caring for your uniform** (folding it nicely, making sure it is clean for each class)
- **Saying Arigato!** (thank you) or **Arigato Gozaimasu!** (thank you very much) to your teacher
- **Calling your teacher(s) by the proper title, Sensei**
- **Being kind to other students** (being a good Uke and Tori) Not hurting them
- **Offering a polite greeting** (to other students, your Sensei)
- **Bringing your notebook to class**
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**Ways to show respect outside of Karate:**

- **Saying Yes/No, Sir or Yes/No, Ma'me** (when an adult calls you or asks you a question)
- **Holding a door open** (for parents, elders, women)
- **When a senior enters a room, give up your seat to honor them**
- **When someone is talking (especially an adult, elder or instructor) stop talking, stop moving and listen.** Wait for breaks in the conversation to ask a question or say what you have to say. Do not interrupt.
- **When you meet someone new, look them in the eye, smile and give them a firm handshake.** (A firm handshake is a nice squeeze, not finger crushing!)
- **Use polite manners** (look people in the eye when they are speaking, say please if you want something, say thank you if you are given something)
- **Look for ways to help and serve others** (help carry something, help pick up if they dropped something, hold the door if someone's hands are full, help clean up if something is disorderly, make it your mission to find at least one way to help someone each day)
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*Note: This list doesn't cover ALL ways to be respectful, but it should give you a good start. Feel free to add other ways to be respectful. And, most importantly, try to practice respect every day!*