



J.P. Wood Martial Arts
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CHARACTER BUILDING – PILSEUNG PROGRAM
“Total Success for your Mind and Body”

COURTESY – the First Tenet for your 2021 Success

Each week we will follow the list below to add the next idea / action to work or improve on. This week is #1: Using the words "yes" and "no" instead of "yeah" or nodding your head.

1. Using the words “Yes” and “No” instead of “yeah” or nodding your head.

The word “yes” is a very powerful word. In one short syllable you communicate that you are a winner – you are confident and intelligent and someone who knows what they want.

2. Greeting people with the word “Hello” and using their name, speaking loudly and clearly.

People like to hear their name! Saying “hi” or just nodding your head is a very basic greeting. But saying “Hello Mike”, or “Hello Mrs. Smith” says again that you are a winner. It’s such a simple way to tell someone you think they are important by simply using their name. Also, speak up so everyone can hear you.

3. Saying “Excuse Me” when you need to interrupt someone, or try waiting a minute or two before interrupting

We all like to be able to talk as soon as we have something to say, but we also know how annoying it is to have someone rush in and start talking and interrupting us. We all dislike when our brothers and sisters or friends do it to us, and parents really dislike when we do it to them.

4. Saying “Thank You”, or “That Was Great” as a way of showing appreciation (thanks).

A couple simple words of appreciation mean so much to someone who has done something for you. Most people are very happy to help others as long as they are appreciated (valued). We would not like to work hard without any thanks and we should do this in turn to others.

5. Treating your things, and other’s things with respect.

Taking care of your possessions by treating them carefully, putting them away properly, etc. is important, as well as doing the same thing with others’ possessions.

6. Not using negative words such as “stupid”, “I hate you”, or “shut up”.

Negative words are, well, negative and once you get in the habit of using them it is very hard to break it. Sometimes we don’t realize how much a few negative words can affect, hurt and influence others. Start now by eliminating these words from your vocabulary.

7. Requesting instead of demanding by saying “Can you?” or “Will you”, instead of “give me”, “move it”, etc.

If you need something done, simply adding these important words is a world of difference in how someone will understand what you said. If someone says “Give me that video game” you might right away say “no”, but if someone asks “Can I have that video game to look at?” you may be happy to share it with them.

8. Helping someone in need without first being asked for help.

Now this is really how you show courtesy – with your actions when you see someone needs help. Let’s try it!

STUDENT/PARENT STATEMENTS:

- I/my parent has read and I understand what this information on courtesy means.
- I have worked hard on these areas in order to improve my courtesy.
- I have shown improvement in my manners by following these ideas.
- I will continue to work on these areas to continue to improve in the Tenet of Courtesy.

Student or Parent(s) comments, specific examples of improvements shown, etc. _____

Student: _____ Parent(s) _____

Directions: Review and discuss these ideas with your child. Guide them in practicing good manners. If you and they feel they have worked hard to improve their manners and courtesy over the course of this section, please sign and have them sign this sheet and return it to the front desk. We will keep track of all the character building units they complete.