



Honor and Respect

Instructors and senior students of the martial arts should ensure that they train new students not only in the physical aspects of martial arts but also in the philosophies and theories of karate. Martial Art's training should include such traits as honor, respect, and humility. It is important both in training and our life outside the dojo that student understand that humiliation and disrespect breeds contempt. Gichin Funakoshi wrote "the great virtues of karate are prudence and humility." The best way for instructors and senior students to train beginning students is to model the behavior we expect from them. Basic skills such as punching, kicking, and katas are taught by having the students watch an instructor or senior student. We should be aware that students are not only watching the way we perform the physical skills of the martial arts but also the behavior we display toward individuals we train with and others we interact with. To be successful at teaching thing such as honor, humility, and respect we should ensure that we are demonstrating the behaviors which we often voice to the students as being an important part of martial arts training.

Most instructors are honored when someone tells them that a student can be identified as their student by the skills they have demonstrated. By modeling the appropriate behavior an instructor should be equally honored when a student has been identified as someone they have trained by the behavior the student displays. Instructors and senior students should make an effort to demonstrate honor, respect, and humility each time there is an opportunity to do so. We should teach individuals to cultivate their mind and their attitudes the same as they do their physical skills. We must teach our students to understand that what they do to others and what they do for others will long be remembered.

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