

Patience

Hampton Slater

Patience isn't just waiting
your turn. It's like thinking
about the difference about
the short-term and the long-term,
which means an impatient person
would think, "I want it now" but
a patient person would think
"I'll get some later." Patience is
also like waiting for something
to pay off, such as: eating healthy
causes getting healthy, getting taught
a new technique causes achieving
a new belt in karate, and more.

I pretty much know
that I'm patient because
how am I a brown stripe?
It would be horrible if
no body had patience.

Most fat people aren't patient.

You know why... 'cause they're
like "I want it now". I'm talking
about food. So patience is

about three different things.

I realized that waiting
for something to pay
off is kind of patience is
like cause and effect.

I'm using patience right
now. You know what

that is? I'm waiting to get
a yellow belt. You should
use all kinds of patience
in and out of the karate dojo.

Discipline

Hampton Statler

I had a lot of trouble with Discipline. But once I went to my grandparents house I got it way more. Me and my sister Miriam went there for three days. Monday, Tuesday, and Wednesday we were there. Oh yah, my grandparents are in west virginia. There were a couple things that I heard "discipline" in. But the one that got me the most was on Tuesday April sixth at two thirty. Anyways we went to an Italian restaurant. I got a meatball heagie and Miriam my sister got ravioli. When one of the waitresses came around with a cheese shedder thing and stuck it over Miriam's plate and said, "Tell me when" after four short seconds Miriam said, "when." when the waitress was out of sight Miriam turned to us and said, "If I didn't have discipline she would be right there, turning that handle for an hour." Then my grandmother replied, "Then I guess you're disciplined." So I have a good feeling that discipline is like doing something good that you don't want to like for example making your bed, or brushing your teeth, or feeding a pet if you have

Hampton Statler

one, or my "favorite" taking out the trash. But doing it without complaining, without getting threatened like: "I told you to do it too much now your in trouble. And most of all, doing it the first time. I think that's DISCIPLINE. You should use discipline in and out of the dojo.

Humility

Hampton Stutler

I thought Humility was going to be hard, but when I thought of it I got it. There are two things in the dojo that I see Humility in. Number one: getting off the bus at karate. people push and shove to be the first to get off unlike me and some other people who don't even get in line at first. I mean it's not a race people. So I just wait. It's like a war to some people. But to me it's nothing really. And I have to really give credit to the people like me.

Number two: You know when you say, "Hampton (or someone) Tie (some little kids) gi?" You know? Well some people (I'm not going to say who) when you leave the room are like "Why can't you tie" and groan. Some times even ask me to do it. Some times when they ask I do, but mostly I say "Sensei told you to." And why complain, you had to learn. So I have a great feeling that Humility is for example: letting smaller, younger people - or just anyone in front of you in line or something like that. It would be good if every one had Humility. You need to use it in and out of the DOJO also.