

Patience

Patience to me means to sit or stand quietly and wait your turn. I struggle a lot with patience waiting for people to help me. I do not do well. I like to have things done right away but most the time I can not have it done like that. My lack of patience gets me in trouble a lot of times. I need to improve my patience really bad. I need to have more patience with my family and friends, pets, teachers and myself. I can show patience by waiting for time and things to get done. But things do not happen right away. My patience has gotten better since I started Karate. Karate has helped with a lot of things but patience is one of the most important things in Karate.

Noah

Discipline

Discipline is training that produces moral or mental improvement and self control. It takes discipline to learn things. Like it takes discipline to do kata. Cause you have to learn the moves and be able to do the moves right. And practice makes perfect so you need to practice a lot over and over again. You have to have discipline to get through life. My parents give us discipline, sensei and the other dojo instructors give us a lot of discipline too. They put a re-nose to the wall and sensei makes us do pushups. They do it to tell us that that we need to change our behaviors. But also to think before we do or say. It takes a lot I mean a lot of discipline to write a paper on this piece of notebook paper. Discipline is a tuff thing to learn but the dojo helps a lot with my discipline.

Moah

Humility

Means the quality or condition of being meek or modest in behavior attitude, or spirit; not arrogant or prideful. Another way to say humility is humble. Say I got first in a karate tournament I should show humility not to be arrogant. You should be humble and teach people how to do things when they don't know how instead of making fun of them. You should not go around and think your better than every one. There is always someone better than you also. I should accept the consequences of my actions when I am good and bad. You don't always expect a gift when you are good but you may get in trouble if you are bad. You should never brag about stuff. Cause people might have or not have what you have. It might hurt someone's or something's feelings cause of what you said. Do not hurt people's feelings. Cause it might make them mad or sad and they won't like it.

Noah