

Championship Martial Arts Values Curriculum

...Cultivating high character in the lives of individuals

Based on Grand Master Chuck Norris' Code of Ethics

(Value # 6) If I have nothing good to say about a person, I will say nothing.

"COURTESY"

JUNE 2026

One of the most important life skills you can develop is a courteous attitude, through your words, habits and actions you will have expressed your positive or negative attitude toward others many times in a day, your courteous body language is expressed through your posture, your emotional intent and your facial expressions, your words can make friends or enemies, your habits while under pressure will reveal the true person you are, when you learn to develop a courteous attitude and kindness toward others you can change their lives, inspire yours, make life long friends and win the hearts of many .

Once upon a time two brothers who lived on adjoining farms fell into conflict. It was the first serious without a hitch.

Then the long collaboration fell apart. It began with a small misunderstanding and it grew into a major difference. Finally it exploded into an exchange of bitter words followed by weeks of silence.

One morning there was a knock on John's door. He opened it to find a man with a carpenter's toolbox. "I'm looking for a few days work" he said. "Perhaps you would have a few small jobs here and there. Could I help you?"

"Yes," said the older brother. "I do have a job for you. Look across the creek at that farm. That's my neighbor, in fact, it's my younger brother. Last week there was a meadow between us and he took his bulldozer to the river levee and now there is a creek between us.

Well, he may have done this to spite me, but I'll go him one better. See that pile of lumber curing by the barn? I want you to build me a fence, an 8-foot fence, so I won't need to see his place anymore. Cool him down, anyhow."

The carpenter said, "I think I understand the situation. Show me the nails and the post-hole digger and I'll be able to do a job that pleases you."

The older brother had to go to town for supplies, so he helped the carpenter get the materials ready and then he was off for the day. The carpenter worked hard all that day measuring, sawing, nailing. About sunset when the farmer returned, the carpenter had just finished his job.

The farmer's eyes opened wide, his jaw dropped. There was no fence there at all. It was a bridge, a bridge stretching from one side of the creek to the other! A fine piece of work, handrails and all and the neighbor, his younger brother, was coming across, his hand outstretched. "You are quite a courteous fellow to build this bridge after all I've said and done."



The two brothers met at the middle of the bridge, taking each other's hand. They turned to see the carpenter hoist his toolbox on his shoulder. "No, wait! Stay a few days. I've a lot of other projects for you," said the older brother. "I'd love to stay on,"

The carpenter said, "But I have so many more courtesy bridges to build."

Must return by this due date

06/25/2026

Remember these sheets are your responsibility not your parents'. Late work sheets will not be accepted.

COURTESY

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Please answer the following questions about *COURTESY*:

This month my son/daughter has demonstrated both at home and at school those qualities of courtesy required by Championship Martial Arts

Student's Name _____
Dated this ___ day of _____
Belt Rank _____
Parent Signature _____

Requirements for Championship Martial Arts Values Curriculum Students

- * Responsible behavior at home.
- * Responsible behavior and passing grades at school.
- * Overall performance and attendance in CNS classes.
- * Completion of the monthly Values activity.

Do unto others as you would have others do unto you.

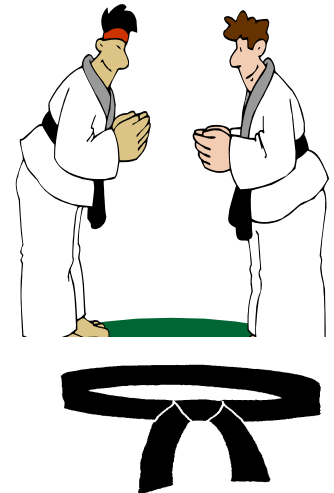
The Golden Rule

1. Has anyone every cut ahead of you in line, reach over your plate, or interrupt you and not say "excuse me"? How did you feel?

2. Manners and courtesy are intended to help people get along with each other. Courtesy can prevent or lessen hurt feelings. Rate your courtesy to others by completing the courtesy index below.

Rate Your Courtesy

DO YOU?	Always	Usually	Never
Speak and say "Good morning"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use "Please and Thank you" when asking for something	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Interrupt others when they are speaking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hold doors open for others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Offer assistance without being asked	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Encourage others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Act polite when approaching or meeting others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooperate with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Act respectful of the feelings and thoughts of others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Always - 2 points 14 – 18 points – very courteous
Usually - 1 point 9 – 13 points – courteous
Never - 0 points 8 or below – need improvement

Develop your Courtesy, What do you say or do when...

Your parent or wife cooks a great meal. _____

Someone wakes you up. _____

Your cousin earned a great report card. _____

A family member got a hair cut. _____