

Championship Martial Arts "THE CHUCK NORRIS SYSTEM" Values Curriculum

...Cultivating high character in the lives of individuals

Based on Grand Master Chuck Norris Code of Ethics

(Value #9) I will maintain an attitude of open-mindedness
Toward another person's viewpoint while still
Holding fast to what I know to be true and honest.

Honesty

September-2026

Once there was an emperor in the Far East who was growing old and knew it was coming time to choose his successor. Instead of choosing one of his assistants or one of his own children, he decided to do something different.

He called all the young people in the kingdom together one day. He said, "It has come time for me to step down and to choose the next emperor. I have decided to choose one of you." The kids were shocked! But the emperor continued. "I am going to give each one of you a seed today. One seed. It is a very special seed. I want you to go home, plant the seed, water it and come back here one year from today with what you have grown from this one seed. I will then judge the plants that you bring to me, and the one I choose will be the next emperor of the kingdom!"

There was one boy named Ling who was there that day and he, like the others, received a seed. He went home and excitedly told his mother the whole story. She helped him get a pot and some planting soil, and he planted the seed and watered it carefully. Every day he would water it and watch to see if it had grown. After about three weeks, some of the other youths began to talk about their seeds and the plants that were beginning to grow. Ling kept going home and checking his seed, but nothing ever grew. Three weeks, four weeks, five weeks went by. Still nothing.

By now others were talking about their plants but Ling didn't have a plant, and he felt like a failure. Six months went by, still nothing in Ling's pot. He just knew he had killed his seed. Everyone else had trees and tall plants, but he had nothing. Ling didn't say anything to his friends, however. He just kept waiting for his seed to grow.

A year finally went by and all the youths of the kingdom brought their plants to the emperor for inspection. Ling told his mother that he wasn't going to take an empty pot. But she encouraged him to go, and to take his pot, and to be honest about what happened. Ling felt sick to his stomach, but he knew his mother was right. He took his empty pot to the palace. When Ling arrived, he was amazed at the variety of plants grown by all the other youths. They were beautiful, in all shapes and sizes. Ling put his empty pot on the floor and many of the other kinds laughed at him. A few felt sorry for him and just said, "Hey nice try."

When the emperor arrived, he surveyed the room and greeted the young people. Ling just tried to hide in the back. "My, what great plants, trees and flowers you have grown," said the emperor. "Today, one of you will be appointed the next emperor!" All of a sudden, the emperor spotted Ling at the back of the room with his empty pot. He ordered his guards to bring him to the front.

Ling was terrified. "The emperor knows I'm a failure! Maybe he will have me killed!"

When Ling got to the front, the Emperor asked his name. "My name is Ling," he replied. All the kids were laughing and making fun of him. The emperor asked everyone to quiet down. He looked at Ling, and then announced to the crowd, "Behold your new emperor! His name is Ling!"

Ling couldn't believe it. Ling couldn't even grow his seed. How could he be the new emperor? Then the emperor said, "One year ago today, I gave everyone here a seed. I told you to take the seed, plant it, water it, and bring it back to me today. But I gave you all boiled seeds which would not grow. All of you, except Ling, have brought me trees and plants and flowers. When you found that the seed would not grow, you substituted another seed for the one I gave you. Ling was the only one with the courage and honesty to bring me a pot with my seed in it. Therefore, he is the one who will be the new emperor!"

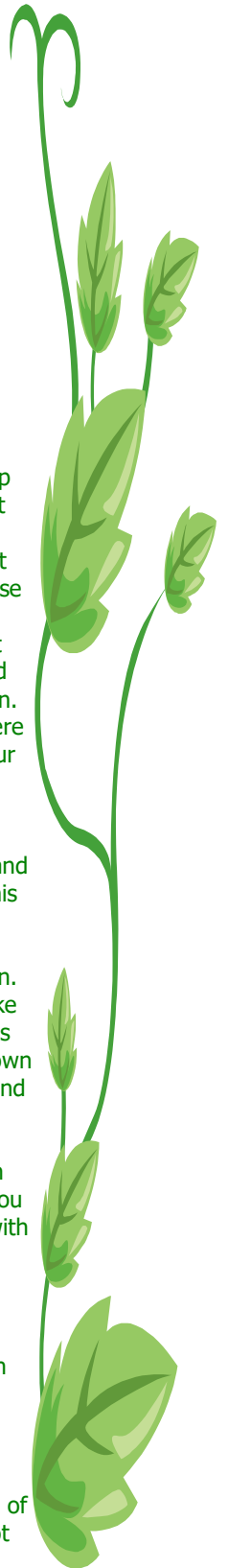
Must return by this due date

9 /30/26

Remember these sheets are your responsibility not your parents'.

Late work sheets will not be accepted.

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Championship Martial Arts Values Curriculum

Honesty means acting in a trustworthy way so that you will respect yourself and be respected by others. When people practice honesty, they:

- **Do the right thing (integrity).**
- **Can be counted on to do what they say they will do (trustworthy).**
- **Won't take things they don't deserve (fairness and honor).**
- **Say what they mean and mean what they say (sincere and truthful).**

*** Answer the following questions about HONESTY**

- How would you feel if a neighbor asked you to wash his car and said he would give you \$10, but did not pay you when you were finished?

- Was this person being honest? _____
- What do you think the person should have done?

- How would you feel if a person said they would pay you for picking fruit from their orchard, but then only paid you half of what they said they would pay you?

- Was this person being honest? _____

Part of honesty is keeping your word.

Our relationships with people are much better when people keep their word.

- Can you think of other examples of people not keeping their word?
- Can you think of examples of people breaking their promises?
- Answer below how you feel when people break their promises to you?

- Do you feel that you can trust someone who does keep his or her word? _____
- Do you want people to trust you? _____
- Why?

It's important to be honest because our relationships are then built on trust. When people are honest and trustworthy, we know we can depend on them.

In the same way that it sometimes takes courage to tell the truth? Like when we did something we weren't supposed to, or when we didn't do something we were supposed to; it also takes courage to apologize for not keeping a promise.

Please answer the next two questions on a separate piece of paper, attach your answers to this sheet and remember to hand it in on time 😊

1. If someone did not keep his or her promise to you, what would you like her or him to say to you?

2. If you did not keep your promise to someone, what could you say? Please start your sentence with the word.... I, For example, I felt badly when I was late because I let you down and I really value your friendship.

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

Name _____

Dated this ____ day of _____

Circle one (Little Dragon) (Dragon) (Adult/Eagle)

Parent Signature _____

Requirements

* Responsible behaviour at home.

* Responsible behaviour and passing grades at school.

* Overall performance and attendance in Martial Arts classes. * Completion of the monthly Values activity.

* Returning this signed activity sheet

On time