

# ***The Way Of A Champion®***

## ***A Guide for the TaeKwonDo Kids of Champions Martial Arts Center***

1. *A Champion always respects his parents, grandparents and family.*
2. *A Champion always notifies parents of his location & returns home as expected.*
3. *A Champion always cooperates with brothers, sisters and friends.*
4. *A Champion always listens to parents' instructions & obeys their decisions.*
5. *A Champion always is polite and courteous.*
6. *A Champion always maintains a neat & clean appearance.*
7. *A Champion always washes his body, brushes his teeth, and combs his hair daily.*
8. *A Champion always maintains a neat and orderly bedroom.*
9. *A Champion always remains loyal to his community and nation.*
10. *A Champion always tells the truth and obeys the law.*
11. *A Champion always shows respect for his school, teachers and peers.*
12. *A Champion always completes his schoolwork assignments on time.*
13. *A Champion always finishes what he has started.*
14. *A Champion competes with others in a sportsman-like manner.*
15. *A Champion always uses common sense before making decisions.*
16. *A Champion NEVER uses alcohol, tobacco, or illegal drugs.*
17. *A Champion always strives for a healthy body, a sound mind, and a strong spirit.*
18. *A Champion always uses Taekwondo skills for self-defense, never for selfish reasons.*
19. *A Champion always displays self-control & never acts out of anger or frustration.*
20. *A Champion always tries to be HAPPY!*



### **CHAMPIONS MARTIAL ARTS CENTER**

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***"The heart of a Champion beats within everyone"***