

# ***The Way Of A Champion®***

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

- 1. A Champion always respects her parents, grandparents and family.*
- 2. A Champion always notifies parents of her location & returns home as expected.*
- 3. A Champion always cooperates with her brothers, sisters and friends.*
- 4. A Champion always listens to her 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 her body, brushes her teeth, and combs her hair daily.*
- 8. A Champion always maintains a neat and orderly bedroom.*
- 9. A Champion always remains loyal to her community and nation.*
- 10. A Champion always tells the truth and obeys the law.*
- 11. A Champion always shows respects for her school, teachers and peers.*
- 12. A Champion always completes her schoolwork assignments on time.*
- 13. A Champion always finishes what she 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"*