



# The Roundhouse: Headlines from Around the Do-jang.

It has been almost one year since we touched on the topic of **Respect**. With so many new students and wall-to-wall class sizes, it seems like a good time to revisit this important issue.

**"Respect for ourselves guides our morals; respect for others guides our manners."**

-- Laurence Sterne

*General Choi Hon Hi, founder of Taekwon-Do, states that the philosophy of Taekwon-Do is based on the "ethical, moral and spiritual standards by which men live together in harmony."*

*That is why, when students are paired up for drills or sparring, our instructors refer to you as training or sparring partners -- never as opponents. This is an important distinction when it comes to respecting each other in the Do-jang. We are all in class to help each other learn by working together, not against one another. A good example is when you are holding a mitt for your partner. On occasion, we have seen students distractedly looking around the room with the mitt dangling at their side while their partner tries to kick it. The respectful student focuses on holding the mitt at the proper height and distance to ensure his or her partner gets the maximum success out of each and every technique. Your partner will then be happy to return the same courtesy and respect when it is your turn.*

*Another place for respect is during hyungs. If you know that your pattern goes far forward or backward causing you to run into students in front or behind you, stop and adjust your placement so that you don't collide with others. It is a general rule for lower ranking students to move out of the way of higher ranking students but, in a crowded classroom, we should all extend the courtesy of sharing space with each other.*

**“Always respect another's opinion and another's point of view.”**

-- Sri Sathya Sai Baba

*Mutual respect is expected from all students, regardless of age or rank. If you see another student struggling with his or her pattern, and the person is of equal or lower rank than you, by all means offer to help with positive, constructive comments. Even students who are higher ranking than you -- including black belts -- can benefit from helpful observations on their basic techniques, such as stances. We can all learn from each other, because every student brings a different perspective to Taekwon-Do. One student may be a stickler for technical details, someone else may have innovative ideas for executing difficult jumps and spins, while yet another student may offer in-depth insights into the practical applications of each move.*

*It goes without saying that the student receiving the comments should graciously accept them by bowing and thanking the person who is helping him or her. Egos should be checked at the door when it comes to showing respect. As Ralph Waldo Emerson said, "Men are respectable only as they respect." That goes for women and kids, too!*