



# S.T.A.R.S.

*Students Taking A Responsible Stand*

## McCoy's Action Karate's Character Development Program

# MODESTY

**THERE IS A BIG DIFFERENCE IN BEING PROUD OF YOUR ACCOMPLISHMENTS AND BRAGGING ABOUT YOURSELF. WE SHOULD ALL HAVE CONFIDENCE IN OURSELVES AND BE PROUD, BUT WE SHOULD NEVER TALK ABOUT OURSELVES TO THE POINT THAT WE MAKE OTHERS FEEL BAD ABOUT THEMSELVES OR FEEL BAD TOWARDS US. WE SHOULD ALWAYS USE THE S.T.A.R.S. PRINCIPLE OF MODESTY.**

**MODESTY MEANS, WITHOUT CONCEIT OR ARROGANCE, PROPER IN THE WAY YOU DRESS, SPEAK, AND CONDUCT YOURSELF, HAVING A MODERATE ESTIMATION OF YOUR OWN MERITS. NOT BOASTFUL.**

**PLEASE CIRCLE THE CORRECT ANSWERS TO THESE QUESTIONS ABOUT MODESTY**

1. WHEN SOMEONE PAYS YOU A COMPLIMENT, SHOULD YOU:

- A. SAY, "THANK YOU" AND RETURN THE COMPLIMENT
- B. SAY, "I KNOW THAT"
- C. IGNORE THEM AND WALK AWAY
- D. PUT YOUR HANDS UP IN A SELF-DEFENSE STANCE

2. IF YOU ARE SPARRING WITH SOMEONE WHO IS NOT AS GOOD AS YOU, SHOULD YOU:

- A. BEAT THEM UP
- B. USE CONTROL AND GIVE THEM ADVICE AND PRAISE
- C. TELL THEM THEIR SKILLS ARE NO MATCH FOR YOURS
- D. SHOW THEM SOME MOVES THAT YOU KNOW THEY CAN'T DO SO YOU CAN SHOW OFF

3. IF YOU WIN A MEDAL AT A TOURNAMENT, SHOULD YOU:

- A. MAKE SURE THAT EVERYONE KNOWS THAT YOU ARE THE BEST AND SHOUT, "I AM KING OF THE WORLD!"
- B. RUB IT IN TO STUDENTS WHO DID NOT WIN
- C. BE PROUD OF YOUR ACCOMPLISHMENT BUT DON'T BRAG ABOUT IT
- D. WEAR IT AS A NECKLACE EVERYWHERE YOU GO

4. IF YOUR FRIEND IS LESS FORTUNATE THAN YOU, SHOULD YOU:

- A. CONSTANTLY COMPARE YOURSELF TO THEM
- B. MAKE FUN OF THEM BECAUSE THEIR HOUSE ISN'T AS BIG OR THEIR CAR ISN'T AS FANCY
- C. REMIND THEM DAILY HOW AWESOME YOU ARE
- D. BE RESPECTFUL AND SAY ONLY POSITIVE THINGS ABOUT THEM

CIRCLE THE TRAITS BELOW THAT BEST DESCRIBES A MODEST BLACK BELT STUDENT:

- A. CONFIDENT
- B. SHOW-OFF
- C. HUMBLE
- D. COURTEOUS
- E. ARROGANT
- F. SMART-ALECK

USING A DICTIONARY, DEFINE MODESTY:

**This Month's Stripe Color is RED, which reminds us of the Red of Fire. The heat that comes from a RED FIRE is intense!**

### Requirements for S.T.A.R.S & Stripe Test

- Responsible behavior at home.
- Responsible behavior at School.
- Return S.T.A.R.S. during Stripe Testing.

Student's Name: \_\_\_\_\_

Date STARS Completed: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Please talk to my Child about: \_\_\_\_\_



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