

RESPECT: THE ACT THAT CONQUERS FEAR

Twelve Lessons

THE MARTIAL ARTS CODE OF CONDUCT™

Ages 10 - 13



by
Dr. Terrence Webster-Doyle
with Adryan Russ

based on the
Martial Arts for Peace books
by Dr. Terrence Webster-Doyle

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A Personal Note to Instructors from Dr. Terrence Webster-Doyle

When an organism stops growing, it starts dying.
— *U. S. President John F. Kennedy*

I have discovered, as you probably have, that when we need to learn something new, we sometimes feel a bit resistant. It's comfortable to do things the old way, the way we're used to doing them. We have to put forth extra effort to learn something new, and because life is full of so many things we need to accomplish in the course of a day, when that resistance kicks in, we often go with its flow.

What I've also learned, however, is that when we do take the time and energy to learn something new that's meant to help us grow for the rest of our lives, it's always worthwhile, and it always pays off.

This curriculum is designed to help you, your students and children learn the martial arts — the martial arts that are for peace. Our intent is to show you that it's possible to resolve conflict peacefully, which is the true intent of all martial arts.

It will also introduce you to the Martial Arts Code of Conduct. This Code is basic and essential to your understanding of how to master these arts. What's written may seem difficult to understand, at first. That's because, as with anything new, we need time and practice. If you and your children are serious about learning the art of becoming a Black Belt Warrior for Peace, you will have to practice. There's simply no other way.

Help in Your Everyday Life

The most important aspect of Martial Arts for Peace is that this practice helps you to resolve conflict, build character and create peace in your everyday life. How many practices that you know of can help you do that? In the first Bully Buster System™, we demonstrated how to deal with bullies. In this new Character for Kids™ program, we want to show you how to give your children good relationship skills, so they don't get into bullying situations.

As young people face today's world, families and teachers are challenged to come up with ways they can resolve conflicts *nonviolently*. Parents are overwhelmed with making ends meet in this economically unstable time. Teachers are overworked trying to educate young people academically, to give them the intellectual skills they need to go after their chosen vocations.

Who's going to help children understand and resolve the problems they have with people around them? Who's going to teach them the skills to cope with bullies, conflict and violence?

The Art of Mental Self-Defense™

The martial arts are a manner of self-defense and a sport. The physical self-defense skills are immensely important. They give a person confidence. Mental and spiritual skills take that confidence to another level. The reason is that the spiritual, psychological and mental factors have an incredible potential for helping to bring about peaceful and humane relationships between people.

We have learned that by developing the physical and mental abilities at the same time, what develops most for students is their character — their integrity and sense of responsibility. This is no small accomplishment.

**The greatest gift we have to offer in the martial arts
is character development,
which infuses us with values that create
a capable and responsible citizen of the world.**

This is our intent — to teach martial arts in a practical, fun and humane way. This is what this curriculum is all about. By giving a student the ability to resolve conflict *before* it becomes physical — by having good character development skills — that student will have the confidence to *prevent* a fight from ever happening in the first place.

Thank you for participating in this program. I hope it lives up to your expectations and, most importantly, that it helps you understand and resolve conflict peacefully — by building and enhancing the character of our children and by being willing to see the world in a new way.

Respectfully yours,

Dr. Terrence Webster-Doyle

Please note:

This “mini” version of Dr. Webster-Doyle’s Character for Kids™ is a companion to the Bully Buster System™. Both are beginner level programs.

If you complete either of these programs (ages 5 - 8 or 9 - 12), and would like to teach our intermediate and advanced programs, please contact us, as follows.

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We have a special certified Martial Arts for Peace training program for the advanced levels of these programs that will give you even more benefits on how to implement the programs in your school and in your community.

These will give you more access to and credibility with other teachers, administrators and counselors in the public school system — especially since these programs are internationally acclaimed and have received many awards.

We offer generous discounts on all books and resources.



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