

## **The 7 Magic Words**

Firstly I would really like to thank Sport Cowichan for giving me the opportunity to add content and opinions to such an exciting new venture in the Cowichan Valley. From my first moments in the Valley, it is abundantly clear that sport plays an enormous role in the day to day lives of families in the Cowichan Valley.

I have been a Martial Artist for nearly 12 years beginning my journey at the National College of Karate in London's West End. As with many Martial Artists, my interest in the sport as a whole as pulled me into different directions and styles. Beginning with Karate and Kick-Boxing and after my move to Canada in March 2003 I changed my journeys direction to Kung-Fu.

Through my different styles, arts and countries there had always been a common thread of attitudes taught by my Instructors and Masters. Self Discipline, Confidence, Focus, and Self Control being amongst the most important of the attitudes.

However, every Martial Art started on the same attitude, an attitude that is expected from the moment you enter a Dojo, Kwoon or Training Studio, all the way through to the day you receive your Black Belt.

### **RESPECT!**

Respect isn't just being courteous, respect is treating other people in way that you would like to be or expect to be treated yourself. Respect within the Martial Arts is checking your ego or your bad day at the door on the way into training, so that you can work with other students with a clear an open mind, helping them with their journey while keeping both of you safe and injury free.

I believe that the first stage of Respect is Respectful Communication, or the way that we speak to each other. And for that reason we use the 7 Magic Words at our school, seven words that aren't just respectful and courteous but also words that once said with Certainty can also be an important part of confidence, or being clear and certain with what you are saying.

1. YES SIR
2. NO SIR
3. YES MAAM
4. NO MAAM
5. PLEASE
6. THANK YOU
7. YOU'RE WELCOME

By using these words with other students, teachers, instructors, parents and even friends, you will begin the process of respectful communication. Treating somebody with respect should always invoke the positive reaction of respect back.

"Every human being, of whatever origin, of whatever station, deserves respect. We must each respect others even as we respect ourselves."

**U. Thant**